

NEW
SECOND EDITION

MICHAEL FIORE
**TEXT THE
ROMANCE
BACK^{2.0}**



The 30-Day Digital Relationship Transformer

**Text the Romance Back:
The 30 Day Digital
Relationship Transformer**

**2nd Edition
Updated and Expanded**

Michael Fiore

October 2011

www.texttheromanceback.com

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Astonishing Praise for and Incredible Stories about Text the Romance Back

“More women need to learn what you are teaching. The men in our lives deserve it.”

- Tina M.

He Was A Skeptic... Not Anymore

“Frankly, I really expected to be asking for my money back when the texting didn’t work. Then I actually tried what you said... Keep your money! You earned every penny!”

- Randy

“Thank You”

“So glad I found your TRB program. I started with ‘I’m thinking about...’ and he totally took the bait. Thank you so much for your great program.”

-Elizabeth

“BOY did he respond”

“Just wanted to say thank you for TRB. I have used it several times and BOY did he respond in a positive way. =-)”

-Raichel

“She Loved It”

“I was like ‘OK, I’ll try this and she’ll probably like it...’ but man she LOVED IT. I appreciate it a lot. Love what you do!!”

-Alexander

Long Distance Connection

“I LOVE the texting romance information. I am recently divorced and have been texting with someone who just happens to be going through a divorce right now. He lives 45 minutes from me. We have been texting since July and it’s great. He was the first boy I ever ‘real kissed’ when we were younger. It’s really cool to be back in touch with him. Through texting I can be a bit more assertive and fun. I’m a pretty shy person and texting allows me to say things I couldn’t normally say in person. I have seen him only twice in all the months, but we have our 3rd date already planned. Now because of the texting I even feel more confident when I’m with him. **I love keeping him interested with the awesome texts that I have learned from you.** Thanks so much!!”

-Dillah

“It Works!!”

“I did this on Wednesday, after lunch. He texted me and called me that night. On Thursday (yesterday) he called and asked if he should book a room for us to spend the night together. Sounded really cheesy saying things that I normally would not say to a man BUT... THANKS MICHAEL, it works!!.”

-Siophan

“Thank You is Not Enough!”

“I was planning to send you an email with results from ‘I can’t stop thinking about...’ but now I MUST. A simple thank you is not enough to repay you for *Text the Romance Back*. It works, I’m a believer. I was skeptical, not any more.

I did a little ‘cutting and pasting’ as you suggested with a few modifications to reflect my situation. . .

Read it and weep. . . tears of JOY that is.

I said: ‘If I were there right now. . . imagine my hands on your shoulders, your muscles melting under my touch, my long nails raking up your back. You feel yourself melting into your chair. Your muscles are putty to my touch. You can’t be tense no matter how hard you try. All that tension flows out of you like a wrung wet facecloth. Your skin tingles. You feel my breath on your neck, my lips lightly kiss your skin and you. . .’

He replied: ‘It’s not fair and oh so fantastic the effect you have on me, like a direct connection to my amygdala and limbic system. At your command, at the ready. If you’re ready to spread your wings to me and with me, just let me know.’

Signed, a hopeful romantic

-Connie

“Another Success Story”

“Another success story!!! THANK YOU!!! We broke up 2 months ago. I started doing what you say to do 3 weeks ago and now SHE is history and WE are WE again. I took your Text the Romance tips a step further. . . and and it worked! I will share my picture (not x rated) message secrets with you if you like. Thanks again!!”

-Karen

“It Really Works!”

“It REALLY WORKS. I was able to finally get real responses and get myself on the forefront of my partner’s mind. It’s a really great feeling and I just hope it continues.”

-Robyn

From “Player” To “Boyfriend” in just a few texts?

“The guy I was dating was only interested in 1 night stands or, as he put it, ‘zero collateral damage rule’ and didn’t want to get too close to anyone. He didn’t want to sleep with me because we were friends and he was getting too close to me. That if we did get physical he would just dump me and look for the next conquest and that I didn’t deserve that. He jut wanted to be friends. I used the techniques in *Text the Romance Back* to keep the lines of communication open. . . THEY WORKED. My guy was so totally flattered and loved by my ‘virtual’ show of affection and ‘text massages’ that he is the one going out of his way to keep in contact with me and finds me totally irresistible!! As he puts it, no other woman has done that for him and I have gotten under his skin!! Thanks, Michael!!”

-MS

Works even if you don’t text!

“I use these messages for email messages because my lover does not have a cell phone. I like the messages that are a bit longer and I like the ADVANCED messages. I’m in a long distance relationship and these messages have really helped us stay close although we’re apart. My love partner now writes back in a similar way. We always use the present tense like you say =-).”

-MG, 62

“Makes you a better person.”

“The program does 2 things. First it focuses on you to make you a better person. 2nd a more responsible person who takes responsibility for a healthy relationship. Great stuff. Recommend this to everyone.”

-Gary, 42

“I love it when he writes me back.”

“I love how it makes me feel when he texts me back. I’ve been married for almost 8 years. The last few months have been a little rough, but they seem to be getting better.”

-ADA, Marysville, WA

“Brought My Man Back”

“He’d been drifting away from me, flirting and talking to other women. Started TRB and now he contacts me every day and we see each other 2 or 3 times a week.”

-SB, Australia

Worth the wait!

“Took three days of doing this and then my guy did it back to me. =-)”

-EM, Indianapolis, Indiana

“My 19 Year Old Daughter Is Jealous”

“I had already been using ideas LIKE these for a little while, but TRB both refreshed my memory and gave me some new hints that turned my relationship into something that started me blushing again! Even my 19 year old daughter and her friends are jealous (but I don’t let them read the texts, of course =-)”

-Ellen, Illinois

“He Wants More And More”

“I have been getting some really great communication with the guy that I love. I am able to volley back and forth with him instead of going for the slam. He seems to want more and more from each text.”

-Anonymous, Los Angeles

“Bringing Us Closer As a Couple.”

“I have used many of the admiration and sensual text ideas and they have really worked. Our texting is fun, flirtatious and above all, something we are both enjoying. I feel it is bringing us closer as a couple.”

-SP

Long Distance Love

“My long distance girlfriend just loves the mini texts that I send her I love the innuendos and teases you give us.”

-HM

“More Confidence”

“They ALWAYS respond. I’ve used this on three different guys as a case study and it allows me to see them in a different light, giving me more confidence.”

-CR, Charlotte, North Carolina

498 Miles Away . . . and the Sex is Like When We First Met

“My husband’s job forced him to move 498 miles away from our home & family. We have been living apart for over a year now and it has put a real strain on our marriage to say the least. My husband is OK having sex once a week or less. Me, if I only get it once a week I think I’m deprived! He always said I was trying to kill him with sex, but now he can’t wait until we are together! It’s like we’re back to when we first got together. THANK YOU!!”

-RB, Walcott, Louisiana

“Got An Immediate Response”

“Got an immediate response to the text ‘if you were here right now . . .’ after not hearing from a guy for a month. I was greatly surprised by how quickly he responded and that he responded at all.”

-EK, Atlanta, Georgia

“Voila!”

“Hadn’t heard from my guy in 2 weeks, long distance dating. Sent him ‘I can’t stop thinking about. . . =-)’ and VOILA! He was engaged and we had a Skype session within 15 minutes of the text.”

-EFY, Sacramento, CA

“She is Loving It!

“She is loving it. Looks forward to receiving TEXT.”

-George, Spring Hill, Tennessee

Converted him?

“My husband has NEVER texted at all. He finally did! Not romantic yet, but one step at a time!!”

-CA

“He Just Keeps Coming Back For Me”

“Even though my guy is NOT a big texter, he does do email, so I’ve just reshaped the texts into emails. The biggest thing I learned was how important it is to keep acknowledging and appreciating the man in your life and to let him know how happy he makes you because he just keeps coming back for me =-).”

-MT, Medford, Oregon

“Improves On An Already Perfect Concept”

“I enjoyed TRB 1.0 immensely and couldn’t perceive how or why there would be a need for a TRB 2.0. . . But again I stand corrected. TRB 2.0 manages to improve on what I consider an already perfect concept. Once I started reading it, I couldn’t put it down. But then again I’m human and need the occasional snooze. . . LOL!”

-Jillian

“Changed Our Relationship”

“I am in a long distance relationship and bought TRB because I hoped it would help me keep the excitement level high in my relationship. We only get to see each other about once a month at the moment as distance and our jobs make it difficult to get together.

Using your suggestions has changed our relationship. He never knows what he is going to see when he opens a text from me! Also, just before we are due for a meet I send some saucy texts to make him start anticipating. . . Thanks!”

-Kelly

“Win-Win Situation”

“I just want you to know that I LOVE TRB 2.0. I am working the 30 days again. Remembering to enjoy the process and have fun is what I enjoy most. The appreciation text messages that are being sent out really do make a difference in how a person gets to look at themselves. This program is a win-win situation for any relationship!”

-Dechele

“TRB Has Made A World Of Difference For Us”

“I recently stumbled onto an old flame and we’ve been having a long distance relationship for the last 8 months. Things were getting a little ragged around the edges and she was doubting if she could continue. TRB has made a world of difference for us. Thanks so much!!”

-Hank

“Cut And Paste”

“Hi Michael, I am a small business owner, full time student, single mom, host hockey mom for a local team and girl scout leader for 30+ girls. I am also the very devoted girlfriend to a deployed boyfriend. So yes, I have a lot on my plate, and while I can easily write a paper on mental health, I am not particularly good at sexting or talking dirty. Your TRB has been a lifesaver for me and given me some great jumpstarts as well as some copy-and-pastes to spice up the email letters I send him each week. I use the curiosity magnet to start off each week’s letter, I write to him each day about the day’s events, and I make sure to include appreciation ‘texts’ sprinkled in, along with one steamy sex scene of what I plan to do to him when he gets back. I just heard from him via telephone for the first time in 11 weeks and he was very appreciative of the emails I send him. FYI, this is THE guy for me... and I am going to do whatever it takes to make sure he knows it :)”

-Michelle

“I Used Your Text Massage And He’s Over The Top”

“I am a single mom of 3 grown girls with 2 grandchildren. I ended a long term relationship and pretty much had given up and decided I am better off alone.

I unexpectedly found myself falling in love with a guy I met online. At first we both agreed to just be friends. He was looking for just quick hit hookups and that was just not for me. He wasn’t ready to get serious again after his divorce. After a few months of being friends he started to pull away from me, mainly because he had a lot going on in his life with being the father of 5 kids and working.

I really care for him and I love him but I also don’t want someone that is not ready for me either so I am not pushing or even thinking of a relationship with this man right now but I wanted to help him any way I can. I started using some of the TRB techniques just to pick his spirits up and he loved them. Then I started using your text massage technique at random and he was over the top. He actually is closer to me now, more receptive to me, and he is the one keeping in contact with me now instead of vice versa. He said he has never had a woman do that for him unselfishly without wanting something back in return and he is grateful. As he puts it, he couldn’t believe how soft and waaaayyy affectionate I am.

Your TRB program has taught me a lot about the male psyche and how to be more communicative with the object of my affection. I thank you for that.

Again, thanks for everything.”

-Marilyn
Coconut Grove, Florida

“The Information You Are Sharing Is Truly Wonderful!”

“Hi Michael,

The information you are sharing is truly wonderful! So practical...and it really works! I have been texting the new man in my life and he is responding in a very positive way. I believe the texts are helping to create a powerful way to share and to grow in our communication skills. We ‘talk’ about many things...not just romance. It’s working wonderfully!”

-Shirley

She Gives What She Gets

“I have used your system and the first thing I noticed is the amount it was done in return when I was not expecting it. My wife and I have been together since we were 16 years old, going on 14 years, and to say we have been through everything is an understatement. I would be writing forever to give you a decent back story, but I am not here today to talk about me. I am writing to tell you that I am so very happy with the results with all of my experiences with your terrific program.

We were in a slump for quite a while and I found your program, bought it, downloaded it and read through the program. It was like reading something I was thinking when I was 18 again. It all made sense, but I never thought that it would be something I should do. Just be open and honest and leave just enough for the imagination. Needless to say we are very happy and it is even better now that I am also receiving the messages not just delivering them.

Thank you so very much for your great yet simple advice. It has sparked just a little something more into our somewhat stale love life.”

-Travis

“We Were Roommates But We’re Reigniting The Spark”

“My name is Cherie I am 34 married with 3 children (14, 9, 9). After the years and the routine of the 3 kids, my husband and I had gotten to the point of feeling like roommates, but with your program and the subtle text messages we are reigniting the spark.”

-Cherie

“Added A New Dimension To Our Marriage”

“My name is Lisa. I bought *Text the Romance Back* and read it in one sitting and put it to use immediately. I am married and my husband and I were separated for over five years. Recently, after starting to file for divorce we decided to give our marriage another try. We have been back together a year now and living together again for the last 3 months. Text the Romance has added a new dimension into our relationship and we have truly fallen in love all over again. I wish that I had known about this years ago, and perhaps we could have had this kind of excitement in our relationship sooner.

Thanks for putting this type of information out there. It is amazing.”

-Lisa

“So Much Fun!!”

“I got your program yesterday and devoured it. It is something I’ve been looking for and so glad I found it.

Let’s just say when I was young and dating, there wasn’t text, email, or cell phones. Now we have so many ways to stay in touch and a lot of pressure to get that communication right. I have felt lost in regards to texting in the dating world. I am great in person and have good success with dating but never knew what to say in texts. I’m witty and flirty in person but haven’t been able to create that in my texting. When I found your program yesterday, I was very excited. After reading your program, I now see texting as an opportunity to strengthen a relationship.

So...I tried it yesterday with a guy I’ve seen a few times and have known for the last 2 months. We had a great connection, but he has been MIA for the last month—only a few texts here and there, but I haven’t seen him. During the last month, I would send a random text, sometimes I get a reply, sometimes not. I’ve not reached out to him much. . . really not knowing what to say to capture some intrigue. Anyways, yesterday I sent this—“Was just thinking about. . .” He didn’t reply with what I expected, but sent a text that apologized for being MIA, that there is lots of stuff going on and when could he see me. Before I replied to that text, he called, which he hadn’t done in over a month. I am hopeful that things progress with this guy and looking forward to using more advanced texting—so much fun!”

-Tracy

“Rejuvenated Our Relationship”

“I constantly refer back to TRB for guidance and info. This has really rejuvenated my relationship with my husband. We were on very shaky ground and the ideas presented once implemented worked like a charm! Thanks for the help!!”

-Pietra

“Laughed Out Loud”

“I’m 54 years old, divorced, and currently in a long distance relationship for about 6 months. I purchased your program only a few months ago, and I could not believe how well it worked! I actually laughed out loud a few times when I got his responses back as they were—to the letter—what you said would happen, and I thought ‘this poor guy has no idea

what hit him!' And the anticipation building is perfect for when I know he will be home in a few days. Is this legal? LOL!

Having so much fun with it. Thank you so much for what you do. . . it's nice to FINALLY have a man's perspective on romance.

I also forwarded your email to all my girlfriends!"

-Marygrace

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Introduction to the 2nd Edition

It was all Rachael's fault.

See, when I created the original *Text the Romance Back* program back in 2010, I had no idea what I was getting into. . .

I didn't know that teaching men and women around the world to use tiny little text messages to bring more love, desire and romance into their lives would rocket me onto a national stage, or that my life was going to change forever

When I first walked out into the studio, I wasn't thinking about any of that, though. I was thinking about how nervous I was, how I was sweating through my shirt under the new Armani coat I bought just for the show, and how this was my one chance to spread a really simple message: you can use text messages to bring incredible love, romance and passion into your life.

If you haven't seen the clip of the show yet, you should go check it out on the press page on my site:

<http://www.texttheromanceback.com/in-the-news>

(I'll wait while you watch it. It's only 6 minutes long.)

Now, there are three things you should get out of that clip before you go any further in this program:

1. The simple little ideas and formulas I'm going to give you can work for just about ANYBODY if you actually USE them.
2. Even "cheesy" texts, when sent the right way, can send massive thrills through the man or woman in your life. (If you need proof, just watch the way every woman in the audience gasps when I say the "You have no idea how much I love and appreciate you, but I'm going to show you tonight" text.
3. My hands are way too big to be on television. I mean, look at them. It looks like I've got catcher's mitts on the end of each arm.

OK, more seriously.

Since going on Rachael's show, thousands and thousands of men and women around the world have read through *Text the Romance Back*, learned simple (but powerful) techniques and USED THEM to bring the romance back into their lives. . .

And they've sent a LOT of feedback about how I can improve and refine TRB to make it even more effective and easier to use, which is why this 2nd Edition of TRB exists.

In this edition, we've refined and expanded the material based on customer feedback, testimonials, and hundreds of survey responses. . .

This new edition of the program includes:

- More done-for-you texts and texting scripts that you can use directly or as inspiration for your own texts.
- Advice for text flirting and text dating and using texts while dating or while you're single. (I've included a whole new section that tells you exactly when to text the new man or woman in your life to have them counting down the moments until they get to see you again.)
- Bait Questions that basically force your partner to talk to you.
- A ridiculously robust FAQ answering the most common questions we get about TRB and how to use this material.
- Additional downloadable content to help you apply the lessons you learn.
- A whole bunch of tiny tweaks and improvements to make this work for you.

Welcome aboard. I can't wait to hear about your success with *Text the Romance Back*.

Best,

Michael Fiore
Seattle, WA
October, 2011

P.S. My favorite part about being on the Rachael Ray show didn't happen on camera at all. Right after I came off stage, this HUGE, bald security guy came up to me and said, "Hey, man. I just sent that text you said to my wife and you wouldn't BELIEVE what she sent back to me. You're awesome, man."

P.P.S. Many folks ask about using texting to get your ex girlfriend or boyfriend back. Much of what you learn in *Text the Romance Back* is applicable to that situation, but if you REALLY want to get that special person back, you owe it to yourself to check out my *Text Your Ex Back* program. You can learn all about it at <http://www.textyourexback.com>.

Introduction

(a.k.a. what this guide is, where it came from and why you're going to be VERY glad you're reading this)

"Prove it," John grumbled, and slid his cell phone at me across the table.

I powered on his Droid and, with a shrug said, "OK, tell me a little bit about your girlfriend."

"Like what?"

"Like what's she like. What does she like to do? What gets her motor running?"

It was like pulling teeth at first, but eventually John told me about his girlfriend, Sarah. They'd been together for two years and had watched the passion and romance in their relationship sputter away like helium out of a balloon.

Every Monday at our low stakes poker game/manly group therapy session, he'd grumble and complain. And he'd get even worse when I talked about my "secret relationship weapon."

I think on this particular Monday he thought he was calling my bluff. Putting me on the spot or something. I wasn't exactly scared.

Anyway, I still had the phone. He told me about Sarah. What she looked like. Her eyes. What she did for a living. What she complained about in their relationship (and she tended to complain a lot). How boring it had all become. How he found himself dreading going home at night.

I slid my thumb across the face of the phone, found her name in his favorites and tapped out a simple text. Just a little "base hitter" I'd come up with that a lot of women responded well to. The eyes seemed pretty safe. We'd start with the eyes.

John's phone: *"I can't stop thinking about..."*

The phone buzzed on the table the instant I put it down. John grabbed it before I could twitch.

"She says, 'About what?'" he said. "And she put a little smiley face on the end."

"Good," I said. "The smiley face is a good sign."

"What do I say?" he asked. He was holding the phone like that kid in the YouTube video held onto his light saber.

I fixed him with a smile and said, "Tell her 'Your eyes. Just thinking about the way you look at me sends a little shiver down my spine. I can't wait to...'"

"Can't wait to what?" he asked, thumbing through the message as fast as he could.

"Just leave the little ellipsis at the end. It's better that way."

He hit send. We were halfway through the next hand when his phone buzzed again (keeping me from crying over my horribly battered pocket queens before they could be obliterated on the river).

John looked at the phone with goggly eyes. A shocked half smile crawled up the sides of his mouth.

"What did she say?" asked our buddy Paul.

"Uh, I can't show you what she just said. But I think Mike's stuff works."

Hi, my name is Michael Fiore (though you can call me Mike), and if you give me 30 days I'll change your relationship (for the better; I'd hate to make it worse) forever.

And I'll do it all with... text messages.

OK, I know that sounds weird. Heck, it sounded weird to me at first, too. But then I discovered just how powerful texting actually is. Sending the man or woman in your life the *right* messages when you're away from

each other—or even when you’re in the same room together—can create an amazing sense of intimacy and connection between you and your partner, take the gas out of dumb fights and put the SPARK back in your relationship, no matter how long it’s been gone.

You can actually text the romance back into your relationship, literally at the push of a button.

I’m a big believer in keeping things as simple and actionable as possible. You’re not here to get assaulted by mountains of theory. You’re here to learn how to create more passion, trust and fun in your relationship. In this manual and the accompanying audios and supplementary material, I’m going to walk you through a step-by-step process thousands of people have already used that will bring the romance back into your relationship one text at a time.

Not only do you get a set of powerful techniques you can use, you also get a 30 day plan for slowly amping up the romance and passion in your relationship, getting your partner more and more engaged, and turning texting into your own private fantasy world where the two of you can do and say ANYTHING.

I recommend you follow the 30 days as I spell them out, but if one of the more advanced texts grabs your attention (or if the 30 day plan doesn’t quite fit your situation), feel free to mix up the program however you want. I’m here to help you, but every situation is different and you know your relationship a LOT better than I do.

If you follow the system and **do what it says**, you’ll be amazed at the subtle (and not so subtle) changes in your relationship over the next days and weeks. You’ll see...

... how your wife or girlfriend hugs you a little bit closer when you walk in the door (the damn dishes can wait).

... how your husband or boyfriend’s face brightens up when he sees you (and he actually stops reading his paper or diddling with his iPad long enough to say hello).

... how your new special someone is eager to see you more often.

... how you feel closer, more connected, more attracted to your partner.

... how you have more and deeper conversations, more trust, more intimacy and more and better sex...

I know I'm making some pretty huge promises here. And I'm only making them because I know these secrets, tricks and pieces of digital magic WORK (and actually work shockingly well).

So here's the deal. . .

Read this manual (and the additional reports that came with it) all the way through first. You can do it in one sitting or over a few days. Do the exercises I give you (they're important and they build on each other).

And then start USING the texts just as I list them out.

And if you have any questions, shoot me an email at feedback@texttheromanceback.com and I'll try to help you out as quickly as I can.

Also, *Text the Romance Back* is a living document. I'll be updating this material every few months with new examples, success stories and material. If you discover a particular technique that works well in your relationship, send it to me, and I'll put it in the next version of the manual (and will give you credit).

As a matter of fact, the version of TRB that you're reading right now is version 2.0 and integrates feedback and requests from thousands of customers, new texting concepts and ideas and original texts my clients have sent in themselves.

This program is constantly growing and expanding, and as a customer, you'll get updates for life. . .

Congratulations. You don't know it yet, but everything is about to change.

Best,

Michael Fiore
<http://www.texttheromanceback.com>

P.S. Quick note: I get a lot of questions asking if you need to have your partner "in on the secret" when you go through this program. The answer is "not at all." I've had plenty of couples use this stuff as a team with great results, but if you want to surprise your man/woman or don't think you can get them to go through the material, that's fine. Follow the instructions. Do what I say. You'll be amazed at the results (and so will your partner).

P.P.S. If you're single or just dating and you grabbed this program, congratulations! While the program was originally designed for folks in a relationship, thousands of men and women around the world have used it to create startling romance in NEW relationships from the very first date. Plus, there is an entire new section on how to use the TRB concepts while you're out in the wilds of singledom. You're going to be amazed at how what you learn in this program affects your dating life. . . and leads you to have the passionate, connected relationship you truly want.

Part 1: What You Need to Know Before You Text

Who This Program Is For (And Who it's Not For)

Let's just lay this one on the line.

Following this course will do wonderful things for you if . . .

- **You feel like things are pretty good** in your relationship, but that spark has gone missing (it might have fled your relationship—or your life—years or even decades ago).
- **You've fallen into the “friends” trap** with your partner, where you get along fine and do a good job in the business side of your relationship, but don't seem to have a lot of passion anymore.
- **You're just dating** and want to avoid the romance-killing mistakes you've suffered through in previous relationships.
- **You're just too damned busy** to really be “romantic”. You certainly aren't alone. People are busier today than they ever have been before.
- **You crave real and deep communication** with your partner and feel like you're drifting apart from each other.
- **You feel stuck** in your relationship - like you can't give your partner what they want no matter how hard you try.
- **You want more passion and sex**, but don't feel like you have time. (I'll give you techniques for remote control foreplay that will have you and your partner gasping with desire and counting down the minutes until you get to spend some time alone.)
- **Your job, kids and other responsibilities are eating up all your time**. Using texting, I'll show you how to create infinite connection without having to carve out massive chunks of the weekend or stress out about work.
- **You're going through a rough patch** in your relationship due to money troubles, cheating, lack of communication, political differences, stress from the kids or any one of 100,000 other reasons.

- **You're divorced, just back out in the dating world** and want some guidance on how to open up your heart again and get the romance and attention you crave.
- **You find yourself getting into stupid little fights** with your partner all the time and can't figure out why (Relationship Time Machine texts will put an stop to "fluff" fights and let you step back and remember the good parts of your relationship.)
- **You want to have FUN** with your husband, wife, girlfriend or boyfriend again and send yourselves back through a time machine to that golden age just a few months after you first met.
- **You're constantly separated** from your partner due to work commitments and need a way to keep intimacy going for days or weeks at a time.

Basically, this course is for you if you care about your relationship, fundamentally like your partner and want to create a foundation that lasts for years and years to come.

Following the principles in this program is a great way to keep your relationship from suffering romantic death in the first place. One of the best emails I've ever received was from a college kid who said he's using my material to keep things hot, sensual and connected with his long distance girlfriend (and the woman he wants to marry). I get the feeling they're going to do just fine.

Text the Romance Back is NOT for you if . . .

- You're mentally, physically or emotionally abusive towards your partner and want to trick them into staying with you.
- Your partner is mentally, physically or emotionally abusive towards you and you think you can text them into changing their behavior (you can't).

- You're trying to change your partner.

If you're looking for a way to use text messages to get your ex boyfriend or ex girlfriend (or ex husband or ex wife) to come back to you, you need my *Text Your Ex Back* program available at <http://www.textyourexback.com>.

If you're looking to get dirty with the man or woman in your life, I recommend you check out my advanced *Text Your Wife into Bed* program at <http://www.textyourwifeintobed.com> (Note: TYWIB was originally created for guys, but the women who have used the program on their men report amazing results.)

As you'll learn in future sections, one of the keys to the *Text the Romance Back* system is focusing on the positives of your partner and your relationship and letting the minor flaws go. I'm not saying your man shouldn't pick his damn underwear up off the floor, or your woman shouldn't learn to get ready in time (ahh, stereotypes), but I am saying that trying to make your partner into the person you think he or she should be instead of loving who they are is a surefire recipe for disaster.

Are You a Man or a Woman?

Almost everything in this manual can be used whether you're a man or a woman, straight or gay. The core psychological principles in this course apply no matter what, and I've had everyone from 20-year-old co-eds to 77-year-old disabled Vietnam vets use this material with astonishing results.

At certain places in this course I might point out things that work particularly well with women or with men. (Personally, I've texted a lot more women in my life. . . actually, I've never romantically texted a guy.) But if you see something in here that you think would work for you and your partner, go for it. Grab it. Use it. See what happens.

I'm going to use "partner" throughout this manual as a catch all for boyfriend/girlfriend/husband/wife/cute barista you're trying to seduce/whatever. It's not the perfect word (it feels kind of antiseptic to me) but it's going to have to do the job.

OK, now that that's out of the way, it's time to get started. Turn the page to discover why texting is the magic key to your partner's romantic mind.

Are You Single or Taken?

The original edition of *Text the Romance Back* was aimed at folks who were in a relationship or at least seriously dating someone. But it turns out a LOT of women (and men) who grab TRB are single or divorced and are looking for ways to use texts romantically with someone they've just met or are just casually dating. For the second edition, we've added a whole bunch of material for single folks, plus advice on how to use existing texting material with a man or woman you've just started to date.

Why Texting Is The Magic Key To Your Partner's Romantic Mind

Jenny was nervous when she hit send.

In fact her fingers were shaking and she had to hold the phone with two hands just to type out the message.

She didn't know what to expect. In the last year, her husband John had gotten distant and even a little bit mean. No matter how hard she tried to get him to talk, he just ground his teeth, complained about his job and drove himself so hard she thought he was going to collapse or have a heart attack.

But then she tried this "texting thing" a friend of hers had told her about. She'd been working it for a bit now and it was time to give a Text Massage.

"Relax, baby," she typed. "Feel my strong fingers on your neck. All that tension just seeping out of you. All that stress just fading away. Your muscles are so loose like overcooked spaghetti. You couldn't be tense if you wanted to. All you can do is lie there and feel yourself relax. The only things in the world are my fingers on your skin. . ."

She kept going. She followed the script exactly. John didn't write her back, but when he got home that night (from a two hour commute to a job he hated) this big, quiet bear of a man who wouldn't talk about his feelings if you had a gun to his head curled up in her arms and cried and cried and cried.

(True story, though the names have been changed.)

First things first. When you first heard me say you could use texting to bring the romance, passion and desire back into your relationship, you probably thought I was CRAZY.

Or maybe not. Maybe you just sort of giggled and nodded like a lot of people do, because you knew I was on to something.

The fact of the matter is in our over-connected world, texting is the most direct and intimate method we have for communicating for each other.

Now, if you didn't grow up with texting you might think the idea of typing away at a three-inch screen being intimate is kind of nuts.

But texting is basically digital telepathy. It's a way for you to have a secret conversation with the man or woman you love (or just really, really like) without anyone else being the wiser or being able to listen in.

And while your partner might not always have time to answer his or her phone, they will almost always be able to read your messages and even respond.

Texting is also the only surefire way to make sure your message actually gets read. People ignore email, don't listen to each other when they have face to face conversations ("Uh-huh. . . Yup. . . Oh, I was listening, I swear.") and generally do an awful job of actually paying attention to each other (if they even have time to have an actual conversation).

But everyone reads their texts.

And most people (probably you) are absolutely ADDICTED to their cell phones. They "trust" their phones more than they trust their closest friends and would rather bathe in battery acid than go a week (or a day. . . or 20 minutes while you're having dinner together) without being able to check in on their mobile.

Need proof? How many times since you started reading this manual have you unconsciously flicked on your iPhone to look at your email, check the gossip rags, look at sports scores or check in on Facebook? Yeah, I thought so.

Since your husband/wife/boyfriend/girlfriend/crush would most likely suffer a horrible panic attack if they just left the house without their cell phone, it means you'll be able to romance and seduce them and add massive spark back into your relationship just one tiny text at a time.

And if you and your partner aren't ALREADY texting, don't worry about it. As you'll discover in this program, getting started is shockingly easy and the romantic results are well worth the work.

So Why is Texting So Effective at Helping You Bring the Romance Back?

Great question.

- **Texting is PRIVATE and INTIMATE.** Texting is like digital telepathy. It's the perfect way for you to create a private and intimate world between you and the man or woman in your life... a world where you can do or say ANYTHING, tease each other, share your most private thoughts and experience feelings of closeness, appreciation and desire wherever you are, whenever you want. For women in particular, texting can end up being a fun game where they can do or say anything (even things they would NEVER do in the "real world").
- **Texting Lets You Build Intimacy on Your Own Time and by Remote Control.** If you're like most couples, finding time to actually spend with each other is a huge challenge. Between jobs, kids, reruns of *American Idol* and all the other stresses of the day it's almost impossible to find even a few hours in a row where you can really enjoy each other. The great thing about texting is that it allows you to "connect" and even seduce your partner at the push of a button while you're at work, while watching your kid's soccer game, while stuck in line at the grocery store. As one *Text the Romance Back* beta tester said, "What I love about this is it lets me feel sexy, wanted and connected to my husband even when I'm wearing my Mom jeans and rushing around with the kids."
- **Texting is NON CONFRONTATIONAL and Lets You Take Your Time Figuring Out What to Say.** This one's particularly good for guys. Texting lets you take your time with what you're going to say to your woman, be as unapologetically romantic as you want to be (without having to struggle to keep a straight face) and establish the kind of connection you want, all behind the big old safety screen of your cell phone. Once you get into using this material you'll probably discover that you're more open, honest and romantic with your partner in person than you ever were before. But texting can be great training wheels for creating the kind of relationship you really want.
- **Texting Provides an ALWAYS ON Connection to Your Partner.** Like I said before, most people keep their phones with them ALL THE TIME (and FREAK OUT if they lose them even for just a little while.) With texting you know your lover is just a few button presses away, and that you can "play" and enjoy each other any time you want.

Texting rocks.

What If You or Your Partner Don't Text?

Every once in a while I get an email from someone saying, "Mike, your stuff sounds really amazing and I want it, but my wife/girlfriend/boy-friend/husband/star crossed lover doesn't text. What do I do?"

If you or your partner doesn't text, you've got a few different options:

Teach Them to Text. If you're in your 30s or younger, you probably already text more than you talk on the phone, but some folks in their 40s, 50s and 60s are just getting started. If you try some of the techniques in this manual and don't get a response from your partner, you should probably sit down with him or her and make sure they know how to use the texting feature on their cell phone. Oh, and if you can afford it, it's worth investing in a cell phone that's got a full keyboard (like a Blackberry) or a soft keyboard (like an iPhone or Droid). Typing this stuff out on a T9 number pad is going to drive you nuts.

Use Email or Instant Message Instead. If texting just isn't practical or if your partner just refuses to do it, you're still fine. Almost everything I'll teach you in this course can be used over email or instant messenger as well. I prefer texting because it's both instant and portable, but I've had many customers (including one guy in the Antarctic who emailed his love 1,000 miles away) say they've used the TRB system with other pieces of technology.

Whisper Method. One of my early beta testers couldn't get his wife to text him back no matter how hard he tried. ("She just didn't like technology and threw her hands up helplessly every time she tried to use the phone.") So he decided to go old school. He'd wait until the kids were busy and his wife was distracted doing dishes in the kitchen, and he would walk up behind her and whisper some magic messages in her ear. Every time she'd get a huge smile on her face. It's a little low tech, but I guess saying things in person works, huh?

Love Notes. One journalist I was talking to about the TRB system told me I'd "reinvented love letters for the 21st century." Which I thought was a pretty great sound bite. If your partner doesn't text (or if you don't have service) you can scribble almost everything in here out on paper. One great method is to write an Appreciation text on a Post It note and put it where your partner can't miss it (the bathroom mirror works great). Heck, even if both of you DO text and are digitally connected all the time, going analog like this will put a huge smile on their lips.

OK, now that we know why texting works so crazily well (and what to do if texting just isn't practical), we're ready to get started. We're not going to "dive in" to the actual texting quite yet (but don't worry, we'll get there soon).

Core Concepts

Mental Stuff to Go through Before You Start Texting the Romance Back

Stacy's in the school parking lot a couple of minutes late. Her kids are the last ones waiting to be picked up. She unlocks the doors and they pile in with their backpacks and lunch boxes.

"Sorry I'm late, guys," she says for the third time in the last month. She's still wearing her work clothes; she can smell deep fryer grease in her shirt.

Her cell phone chirps at her from her pocket. She sighs and decides to ignore the message. She's not going to the store again today. If Jay wants something special for dinner, he'll just have to pick it up himself. If he's even coming home tonight.

"That's Daddy's ring tone!" says Ben.

"Say hi to Daddy for us!" says Cayden.

Stacy pulls out her phone, opens the message, and catches her breath. It's Jay, but it's not what she thought. She smiles a secret little smile, glances in the rearview mirror at her sons, and starts figuring out how she can get them to bed early tonight.

We're about to get into the actual *Text the Romance Back* system (it's a doozy). But before we do, there are a few Core Concepts and Big Ideas about sex, romance and relationships I need you to get deeply embedded in your minds. Some of this stuff might feel hard to accept at first (and some of it might fly in the face of what you've been told by pop psychologists, romance experts, relationship advice specialists and greeting card companies)...but once you really accept what I have to say over the next few pages you're going to have a MUCH easier time bringing romance and passion into your relationship in a way it may never have been before.

Ready? Great. I promise we'll get into texting specifics in just a little while.

Core Concept #1: Being In Love Is A Choice

Ahh, love. That overwhelming, nauseating drive that makes you draw hearts and doodles all over your high school desk, get in fights with jocks over the head cheerleader and write Goth poetry about kittens.

Or not.

Psychologists and neuroscientists who study the way chemicals wreak havoc on our brains have different categories of love. There's romantic love, the heart stopping, can't think of anything else kind of love that makes you want to crawl into your partner's skin and never leave. Most science shows that kind of love naturally expires inside of three years together. And there's companionate love, the kind of long-term love and affection successful couples have. It's not as overwhelming as romantic love, but can be extremely satisfying.

A big mistake I see couples make again and again is thinking that love just takes care of itself. Since it was so easy to be in love with your partner at first (heck, you didn't even really have a choice), it should be easy for the long term, right? Absolutely wrong (and most of us have the broken hearts and broken relationships in our past to prove it).

After the honeymoon phase is over, being in LOVE (and lust and desire) with your partner is largely a matter of choice. You wake up every day, roll over, look at your partner and think, "I love you." And the more you say it and the more you think it and the more SATISFIED with it you are, the happier you'll be.

In a lot of ways choosing to be in love is a lot like using the Law of Attraction from the book *The Secret*. By focusing on the positive aspects of your partner and what you love about them, you'll be happier and more satisfied in your relationship long term. In a later section we're going to do some exercises where we really focus on figuring out what it is about your partner you should "choose to love" in the first place.

Core Concept #2: Romance Means Different Things to Men and Women

When I decided to call this program *Text the Romance Back*, I knew I was inviting some trouble into my life. Why? Because romance means fundamentally different things to men and women.

To women, romance means connection; intimacy; being able to communicate on a real and deep level; knowing each other's hearts, wants, needs and desires; staring longingly into each other's eyes for hours on end; being overwhelmed and taken by the person in their life; having guys fight over them (sometimes) and getting dressed up in a skimpy little black dress for a night of dinner, dancing and tentative kisses.

For men, romance is stuff you have to go through to get sex.

OK, I'm generalizing.

Actually, recent articles have shown that men are in a lot of ways MORE romantic than women are and really do crave that connection and intimacy on a deep and primal level.

But the fact is that if you ask most guys if they want to be romantic, they'll start shivering and crying like they just got tarred and feathered in the high school locker room. (Before I get yelled at: I'm GENERALIZING. I know there are guys out there who actually ENJOY the stereotypically romantic stuff.)

There's an old cliché that says that women need to feel connected to have sex, and men need to have sex to feel connected.

And even though it's a cliché, it really is true.

So let's just get this out of the way...

For the women reading this: If you use the TRB system, you're going to encourage your guy to give you the kind of attention, appreciation, desire and passion you desire so deeply. You're going to be craved, wanted, shown off, made to feel safe and opened up to levels of passion you never thought possible before. You're going to walk around knowing just how much your man cares for you in a way not one woman in 100 usually does.

For the guys reading this: Do this right and you're going to get laid. Not only are you going to get the sex that you want (and that she wants too), you're going to have a better relationship, fewer fights and more fun. You're going to feel like you took a time machine back to when you first met and couldn't keep your hands off each other.

Obviously, *Text the Romance Back* isn't ALL about sex, but not mentioning it is a little like not mentioning the breakdancing elephant on top of your SUV: awkward, dangerous and kind of weird.

OK, now that that's out of the way, let's get to some more good and juicy emotional stuff.

Core Concept #3: It's Not Your Job To Make Your Partner Happy

The phrase “make me happy” always felt kind of weird to me. How can I make you happy? It's the same with making someone have an orgasm, or making someone work out.

Your job in your relationship isn't to make your partner anything. Your job in your relationship is to be supportive, to love your partner, to adore the good you see in them and accept the bad and to be a little island of support in a sea of chaos and struggle, pleasure and pain.

This is beyond the scope of this particular manual (maybe I'll create something else around it), but the WORST thing you can do if your partner is sad or having a hard time is to try to make them happy or fix things for them.

It reminds me of an interaction my girlfriend and I had recently.

I was in a BAD mood because of some malarkey that had gone on with a real estate deal I was involved in. I came home to find her in the kitchen cooking dinner. She looked great, and even just getting the smell of her when she gave me a hug had a wonderful, calming effect on me. But I still felt anxious and mad and messed up.

So as we ate I bitched and moaned and lashed out and laid on the table all my insecurities and self-loathing over this bad decision I'd made.

After listening for awhile (and Hoovering up her mac and cheese, broccoli and chicken... YUM) she said...

“Mike, do you want to bitch about it or do you want to fix it?” I looked her right in the eye, and with a little squeak in my voice said...

“I WANT TO BITCH ABOUT IT, DAMN IT!!”

She just smiled and kept listening until I got it all out. Then we went into the bedroom and cuddled and made out and I felt a lot better.

She didn't make me feel better or make me fix the problem. She just listened, showed sympathy and gave me the support I needed.

When I'm working with people one-on-one (which I only do rarely), one of the things I really look out for is “make” statements. Things like “He makes me so angry.” or “She makes me so frustrated sometimes.”

Those kind of accusatory statements are relationship kryptonite. Your partner doesn't MAKE you do, say or feel anything. Your partner just lives their life the way they live their life, and you react the way you react.

What does this have to do with texting? Just this: As you work through the TRB program you need to resist the urge try to fix things for your partner. I'll show you a lot of ways to boost your partner's self esteem, make them feel loved and even be that sympathetic shoulder to cry on. . . but only they can choose to be happy.

Core Concept #4: Forgiveness Is Power

If you've been with your partner for a while, you probably have a lot of built up emotional cruft in your relationship.

By "cruft" I mean you've got old fights, slights, weird events, infidelities and wounds in your relationship that make it hard for the two of you to calm the heck down and really enjoy each other.

Over the months or the years, this cruft can poison your relationship. For women in particular, it can be hard to let go of negative emotions enough to get truly passionate and physical or to want to romance the man in your life at all. I'll tell you right now, if you go into this program holding on to your baggage it's going to be really hard to get the results you want.

If you're a guy who's ever been frozen out of having sex with the woman in your life after a fight, this is why. It's not that she doesn't have a sex drive. It's that sex and emotion are so tightly bound for women that her body shuts down to you until the emotional rift that's been created is healed.

Obviously, I don't know the details of **your** particular relationship. . . how close or distant you and your partner are or what events happened in your life to get you where you are now.

But I do know that in order to get the most out of the *Text the Romance Back* system, you're going to have to do two important things:

You have to forgive your partner for whatever they may have said or done to you in the past. (Going back to our can't make you happy idea, your partner can't really do anything to you either. Your partner does what they do, and you react to it how you react to it.)

(CAVEAT: If your husband/wife/boyfriend/girlfriend/alligator is physically or emotionally abusive, that's a different story. In that case, no matter how much it hurts, you should seek professional help and do everything you can to get yourself to a safe place. You should go see a qualified therapist to help you put the pieces of your self esteem back together properly and use this TRB stuff in the future with someone more worthy of your attention. No joke. I'm totally serious here.)

Plain and simple: in any relationship (romantic or otherwise) **FORGIVENESS IS POWER**. As long as you hold a grudge against your partner, you're giving them a tremendous amount of power over your life and your emotions. Now I'm not saying you should forget the fights or whatever slights may have happened. As the old adage says, "we always hurt the ones we love."

But I am saying that in order to really have a great relationship full of all the romance you deserve, you need to **let go** of any need you might have for them to wholeheartedly apologize, give you recompense for what happened or be punished.

Right here, right now, you need to FORGIVE your partner for being a human being, for making mistakes, for being flawed and even for hurting you (whether they meant to or not.)

Just like you, your partner is a human being, and human beings aren't perfect. Heck, we aren't even close. Only by forgiving your partner for being flawed and accepting them as they are, can you really get into the juicy, sweaty, wonderful fun stuff.

Got it?

Good.

You need to forgive yourself. This is even more important. When things get bad in a relationship, it can be really easy to beat yourself up or be down on yourself for messing things up. You could spend hours or days playing the "woulda shoulda coulda" game in your head after a fight, trying to figure out how to fix things.

It's time to stop. You, just like your partner, are a human being full of frailties and desires you have no control over. And that's fine. You don't need to be perfect (physically, emotionally or mentally) to have a fantastic relationship. No matter what happens in your relationship or how you messed up, it's OK.

Heck, this extends well outside the confines of your relationship. I meet people every day who drag themselves over the coals for every little thing in their lives, or who have such low self esteem and horrible self images they can't even see the sun.

Plain and simple, there's NOTHING more unattractive in a person than self loathing and rock bottom self esteem. If you don't LIKE yourself and think POSITIVE thoughts about yourself you're never going to awaken that irresistible attraction in your partner.

So let's play a little game.

This is your first assignment (there's going to be a bunch more).

Next time something goes wrong in your life (or if there's something that's really pulling you down now) go into the bathroom, look in the mirror and say, "I forgive myself."

Do it hundreds of times if you have to. Fake the smile for now and eventually it'll be real.

And Then Play The I Like Myself Game

The I Like Myself Game is something I created several years ago when I was at a real low point. I'd just turned 30, and even though a lot of things in my life seemed pretty great, I was miserable. No matter what I accomplished or what I did with myself, my self image was low and dirty and evil and cruel.

And it wreaked havoc with my romantic life. I hated myself so much that I just couldn't let a woman love me without wondering what the heck was going on in her head.

It's taken me years of work to re-jigger my self image to something awesome, but it's been worth it.

In my experience, the first time you play the I Like Myself Game it's going to scare the living bejeezus out of you. In fact, a lot of people who TRY to play it the first time end up chickening out. They confuse liking yourself with being arrogant and go hide under the couch until the specter of positivity passes.

So take a deep breath and get ready.

Here's all you have to do:

Take out a blank piece of paper or fire up a blank document in your word processor of choice.

At the very top of the paper write "I like (YOUR NAME), I really do..." (If you feel a little shot of panic doing this, that's OK. Take another deep breath.)

In the **third person** ("Mike is..."), write out what you truly LIKE about yourself. Don't edit yourself. Don't apologize. Don't use wiggly words or neutralizers like "I'd like Mike's smile, but his teeth are kind of crooked" or "I like Mike's brain, but I wish he was smarter." Focus on the positives. Don't qualify anything. Don't worry about being immodest (modesty is noxious; I'm not a fan). Be honest: what do you REALLY like about yourself, and what do you think other people like about you, too?

Examples of stuff you might like about yourself can include:

Personality traits: *"I like Bob's sense of humor. He can make a whole room laugh with a word."*

Physical traits: *"I like Mary's butt. It's taken years of work, and she's got an ass that draws stares when she walks down the street."*

Accomplishments: *"I like how Jerry kept moving even when things got tough and graduated at the top of his class."*

FILL THE WHOLE PAGE if you can and keep going no matter how hard it gets. The first time I did this exercise I had a panic attack, but now I can do it in my sleep. We're going to do a variation of this exercise and use it later in our texts. So it's SUPER IMPORTANT that you do it right.

Just as an example, here's a quick "I Like Myself Game" for me...

I like Mike, I really do.

I like his energy. It crackles off him like lightning, and when he focuses he can change the world through his sheer force of will.

I like how Mike cares about people. I like that Mike goes out of his way to help the people in his life and thinks loyalty is the most important thing in the world.

I like Mike's smile. He's got dimples and a naughty glimmer in his eye that makes you wonder what's going on in his head.

The first time you play this game, you're going to feel like an egotistical git. That's because our culture programs us to have low self esteem and low opinions of ourselves.

Play it anyway. Write it out longhand if you can (though typing is OK, too. My handwriting is doctor-level bad, so I type everything). You don't have to share this with anyone, but you can if you want. It's a great game for a couple to play together, followed by a What I Like About You variation.

Simply by focusing on the POSITIVES about yourself, you're going to REPROGRAM your mind.

Confident people and people who like themselves have better relationships.

I really can't harp on this enough. So much of seduction and romance, whether it's with someone new or with someone you've been with for years, is MENTAL.

If you truly BELIEVE that you are someone your partner should love and adore and be with and shower in affection and romance off your feet, then other people will believe it, too.

Got it?

GREAT!

Core Concept #5: As Humans, We Aren't Designed For Monogamy

OK, OK, before I get hate mail, I'm NOT condoning cheating and I'm NOT suggesting everyone go out and have a big poly relationship. I'm in a monogamous relationship myself and find it extremely fun, sexy and exciting.

But the fact of the matter is that, despite what you may have been told, humans are NOT evolved to be monogamous. Most reputable science shows that humans are NOT evolved to be with just one person for the rest of our lives. If anything, we're built to pair bond for a few years, have a few kids, raise them until they're old enough that they won't be eaten by wild tigers and then move on.

Like I said, I'm NOT saying that you should go out and cheat on your partner or take part in weird orgies. But I am saying that as human beings we are ALWAYS going to want and CRAVE variety. This goes for women as well as men.

The fact that we can CHOOSE not to indulge in this desire for variety is part of what makes us human and not monkeys.

I think of the monogamy thing a little bit like I think of flying. Man was not meant to fly, but through a lot of hard work we figured out how to do it anyway. We're not meant to be monogamous either, but through a lot of work we can not only do it but be really satisfied by it.

You'll have a much happier relationship with your husband/boyfriend/wife/girlfriend/significant other/1966 Chevy if you let yourself admit that just like you, your partner is human, makes mistakes and has cravings and desires they can't control.

Core Concept #6: The Now

One of the things I love about texting is how immediate it is. You send a text, and in an instant it bounces off some satellite, bores its way into your partner's pocket and sends a little electric thrill across the planet.

In other words, texting lives in the now.

One of the most dangerous things you can do in a relationship is "live outside the now." All the time I meet couples who are so focused on where their relationship has been (good or bad) or where it might be going ("what if she breaks up with me?") that they totally forget to actually BE in the relationship NOW.

Cool fact: Memories don't exist.

Seriously. Talk to any neuroscientist and they'll tell you that what we think we're remembering we're actually creating. When you remember that Black Sabbath concert you went to as a kid, you're actually sending electrical signals all across your brain, picking up little pieces of data about "Black Sabbath Concert" and then creating a memory like a painter creates a landscape he saw once long ago.

Memories are created anew every time we access them. This is why eyewitness testimony is so useless in court and why focusing on the past in your relationship won't get you anywhere.

On the other side of the coin, I've met couples who think about the future all the time.

But you know what? The future might not get here. I know people who spend all their time thinking about what MIGHT happen in their relationship ("We'll get married in August, and then we'll have our first child when I'm 31 and then...") that they can barely see each other when they're in the same room.

Like my friend Dan Savage likes to say, "**All relationships end.**"

And I totally agree with him. No matter what happens, at some point your relationship is going to end. Either you're going to break up/get divorced, or one of you is going to die.

Morbid? Maybe. But once you accept that your relationship is "doomed" it can really free you up to be in **The Now** with your partner.

Being in The Now means focusing on what's going on in your relationship RIGHT NOW. Seeing your partner for what they are and what they bring to the table, accepting the bad and loving the good and letting the emotional future take care of itself.

Got it?

OK, now we know WHY texting is so powerful and so important, and we've got our core relationship concepts down. It's time to dive into the real system behind *Text the Romance Back*. Turn the page and we'll get cranking.

**Part 2: The 30 Day Text
the Romance Back
Program Revealed**

The Text the Romance Back System

Bill was sweating bullets. It had been a year since Tara had broken his heart, taken the kids and left. He'd dated a few times since then, but just couldn't seem to connect. He felt mumbly and awkward on dates, never knew when to smile, never knew what to say, never knew what to do with his hands.

Then last night he'd met her at the bar. Blonde, curvy. A smile that sent a shock from the top of his head to his toes. They'd spent an hour talking at the bar. She'd moved in close to him. He'd put a hand on her knee and they both sat there breathing.

But he wasn't sure what to do now. If he called he'd seem needy. He'd fumble over his words. So instead he takes out his cell phone:

Bill: *I can't stop thinking about...=-)*

In seconds his phone buzzes on his desk. He grabs it like a starving man after a lamb chop.

Liss: *"About what?"*

Bill: *"About your laugh. You really don't hold back, do you? =-)"*

Liss: *"I guess not. What are you doing Thursday?"*

Bill felt all the tension go out of his chest. But then a new kind of panic set in. It was going to be torture counting down the hours until Thursday.

It's good to have the preliminaries out of the way. Heck, if you skipped right to this page from the beginning, I don't entirely blame you. After all, theory is all well and good, but what you really want is the nitty gritty texts, the 30 days of techniques and tricks that will put that special OOMPH back in your relationship and put that sexy smile on your partner's face.

The rest of this manual is going to be broken down by technique and method. I'm going to cover everything from Curiosity Magnet texts to my Text Massage method, to the Relationship Time Machine text to... well, there's a whole bunch.

Before I get into the techniques, though...

Let's Talk About Men Vs. Women

Men are from Mars, women are from... a different part of Mars.

In other words, men and women are different, but not THAT different.

Personally, I consider myself something of a manly feminist. To me there's pretty much nothing a man can do that woman can't do (beyond getting the lid off the peanut butter jar when it's stuck).

But I know from experience that using the **EXACT SAME TECHNIQUES** on men and women and expecting the **EXACT SAME RESULTS** is a sure way to get in trouble.

So let's spend a few minutes talking about the differences between big, hairy dudes and sleek, lovely gals and how they think about romance, love and "intimacy." (Euphemism! Euphemism!)

Once you understand this stuff, you'll know how to create text messages that your partner will appreciate and respond to, instead of making the mistake of sending messages YOU would want to get (but that he or she will totally ignore).

Point #1: Guys Are Primarily VISUAL Creatures

You probably already know this. All it takes to get your average guy's motor running is a picture of a girl in a bikini or something that vaguely resembles a girl in a bikini. Heck, for teenage boys it doesn't even take that much. I had a friend in high school who would look at an apple like it was a... wait. I've gone too far.

The real point here is that guys are hard wired to respond to IMAGES. There are a lot of theories about WHY this is, most of them having to do with hunting dangerous creatures 10,000 years ago. But the fact is that for MOST guys images or visual language will get him feeling warm and fuzzy the minute you send your first text.

By "visual language" I mean words like "blue," "bright," "shiny," "curve," etc. Detail words that describe what he would SEE if what you're describing to him was actually going to happen or was happening right now.

For example, when describing a scene to a guy you can say something like “You see a woman with her arms crossed over her chest, sweat slowly trickling down her cheek. She looks up with shockingly blue eyes. She stares right at you with a wide smile and says, ‘hot day, you want a Coke?’”

Of course there are exceptions to this rule. I happen to be one of them. Images are great, but I really enjoy a good sensual or emotional story. Then again, that’s why I’m able to teach this stuff. But suffice it to say that if your partner is a GUY you’re going to want to mix a good amount of visual language and visual storytelling into the texts you send.

Don’t limit yourself to JUST visual language. I’ve had many women use more detailed and emotional language I’m going to teach you with their men, and they saw truly fantastic results.

Point #2: Women Respond to LANGUAGE and STORIES

If you need proof of this, just go to Wal-Mart and pop open a romance novel. You’ll be shocked (SHOCKED!) at the dirty situations and language you see in there. It makes the *Maxim* magazine level stuff guys go after seem tame in comparison.

Plain and simple, for women romance, attraction and desire are almost 100% MENTAL. Your job as a man (or woman) who’s in love with a woman is to engage her with WORDS and STORIES that make her swoon.

The key to get from these two points: while you can get away with being pretty straightforward for guys (and too much detail can get in the way), for women you should fill your texts with as much attention to detail as possible. The more real you make the situation you’re talking about in your texts, the more incredibly effective it’s going to be.

For example, let’s riff on the scene I described for men above. Notice the difference in the language I use for women.

“You feel him staring at you before anything else. This little prickle across the edge of your skin. When you look up and see him it’s like your heart stops. He’s handsome (gorgeous actually), but it’s that look in his eyes that gets you. Like he’s staring right into you. Like you’re the only woman in the world. Like he’d like nothing more than to take

you in his arms right there. He opens his mouth to talk and all you can focus on is the sound of his voice.”

Notice that when talking to a woman it’s all about HER feelings and HER reactions while when talking to a man we focus on the visuals - what he SEES and what he CAUSES to happen in the world.

Point #3: For Either Sex, The IMAGINATION Is Everything.

Throughout the rest of this manual, I’m going to give you texting formulas, ideas and phrases designed to engage your partner’s imagination.

Our goal is to use texting to take your partner away from the boring doldrums of his or her day and transport them to a fantasy world where you two are the only people there. . . where you can be completely open and honest with each other. . . where you can be unapologetically romantic and where you can be truly intimate and close, even if your schedules or work means you can’t spend as much time physically together as you like.

In a lot of ways, what I’m going to teach you is going to feel a lot like playing a “video game.” You’ll send out a text, see what kind of response you get and then pick your response based on what your big goal is at any given time.

Speaking of Goals. . .

Every time you pick up your phone and start texting the person in your life, you should know EXACTLY what kind of response you’re trying to get out of them.

Remember, confidence and specificity are incredibly attractive. If you’re a man, showing you can be in control of your woman’s imagination and take the lead will leave her weak in the knees.

If you’re a woman, showing your man that you know what you want, that you aren’t afraid to ask for it and that you really admire him will have him grinning like the quarterback who just won the big game.

Before we get into the meaty stuff I’ve got. . .

Important Rules for You. . .

1. Stop having mundane conversations with your partner over text.

Yeah, yeah, I know. It's so convenient to be able to say "Honey, pick up some milk on the way home" or "DID YOU FORGET TO GET JIMMY FROM SOCCER PRACTICE!! OMG!!!" over text.

But I want you to **stop**.

See, as Marshall McLuhan used to say (yes, I'm making a Marshall McLuhan reference in a relationship advice book. Wow.) "the medium is the message." Our goal here is to get your partner to **look forward** to getting texts from you. . . To get a little shiver of anticipation to go up his spine when he feels his phone buzz in his pocket. . . to feel her breath stop when she glances at the screen.

And that means we need to keep texting as a positive and intimate channel between you and your partner. So if it's AT ALL possible, you need to stop having boring conversations over text right away. If you DO have to send a practical note over text, dress it up with some kind of coy, flirty or fun message. (I'll show you how later.)

2. NEVER fight or criticize your partner over text. Same reason as above. If your partner expects to get chided or hit with the newspaper over text, you simply won't get the responses you want—or possibly any response at all. And when you do send the sensual and positive stuff I let you in on later, they simply won't trust you.

Avoid Nothing texts at all costs. What's a nothing text? Any text that sounds like it was sent by a 19-year-old frat boy.

"Hey, what's up?" is a nothing text. It has no goal to it (beyond getting some kind of response), it leaves no hooks for your partner to latch onto to engage you in conversation and it's just lame.

Other lame nothing texts include: "Yo" . . . "Hey" . . . "Hi" . . . you get the point.

Also, avoid Text Speak. You know what I mean, things like "C U L8R." Unless you're a 16 year old at a rave, writing that way just makes you look dumb.

HAVE FUN. Love and romance are one of the greatest experiences we can have as human beings. Feeling truly close to and appreciated by

another person can drive us to create great works of art, climb impossible peaks, put up with movies we really don't want to watch and deal with the challenges of our lives with our chins up. It's powerful stuff and it's positive stuff. My goal is to help you have a better, flirtier, sexier and happier relationship. But I need you to meet me halfway. I need YOU to make a resolution right now to open yourself up to the idea of having a great relationship with your partner, getting what you want and need out of each other and being able to kick back when you're 90 and cackle gleefully about all the fun you had together.

What If You Don't Get A Response?

If you don't get a response to a text you send, don't worry about it. Most likely, your partner is just busy, distracted or (depending on the tenor of your relationship) doesn't know how to respond. ("Why the heck are you suddenly paying attention to me?")

If you don't get a response right away, DO NOT flood his or her phone with text after text after text. Doing so just makes you look like a crazy person desperate for attention. Instead, play it cool. Go about your day and later that night ask, "Hey, did you get my text?" Let your partner know that you want to have more fun and connection with him/her while you're apart over text and see where it goes.

Now, when you're just getting started with TRB it's possible you won't get any responses at all (especially if you and your partner don't text back and forth much now.)

It's really not a big deal. Just work the program, know that they GOT your text and keep moving things forward one text and one day at a time.

OK, Now That the Preliminaries are Over, Let's Get to the Texting

In the next section I'm going to lay out the simple 30 day texting plan that will have you bringing massive romance into your life one text at a time.

The 30 day texting plan is much more a GUIDE than a rule. Depending on the state of your relationship and how interactive your partner is, things might move MUCH faster and you might be able to move on to the more advanced stuff quicker than I say here.

The 30 day plan includes specific texting techniques for you to use whether you're old and married, young and hyper or somewhere in between.

After I go through the main texting types, I'll also give you advice on how to use this material if you're in a long distance relationship, or if you're single.

I'll try to cover as many situations as possible and give you a broad menu of options, but if there's something you just don't see in here, let me know by emailing me at feedback@texttheromanceback.com.

Ready?

Great. This is going to be fun.

Your 30 Day Text the Romance Back Plan

Week 1: Appreciation texts and Sensual Compliments - Make your partner feel wanted, desired and appreciated using simple, straightforward texts that send a thrill right through his or her whole body. You might not get a response from your partner on these first texts (and that's not a big deal), but you'll be laying the groundwork that will create massive romance in your relationship in very little time.

Week 2: Curiosity Magnets and Bait Questions - In week two you'll start mixing in Curiosity Magnets and Bait Questions to get your partner to start being interactive with you: to start texting you back and engaging in this new game with you. I'll show you how to use bait texts to basically force them to pay attention to what you're saying (whether they actually text you back or not.)

Week 3: The Relationship Time Machine and the Text Massage - In week three you'll start using more advanced sensual storytelling texts. The Relationship Time Machine will reawaken your partner's feelings for you and bring them back to times they felt the most in love with you. The Text Massage is a stupendously powerful method for getting PHYSICAL (but not sexual) over text. This is one of my most powerful techniques and it's been known to make even tough dudes break down crying.

Week 4: Digital Foreplay and Private Whispers - In week four you'll move on to advanced sensual texting, using texts to turn your partner on with nothing but your thumbs and using the advanced Private Whispers technique to text your partner even when you're in the same room.

Week 1: Appreciation Texts and Sensual Compliments

In your first week working the *Text the Romance Back* program, you're going to start establishing texting as your own private channel with the man or woman in your life, to get your partner used to receiving compliments and attention from you over text and to prime the pump for the more advanced and more sensual texts that come later.

Quick Note: Our focus this early on is NOT to get your partner to text you back. In fact, it's totally possible that your first couple texts won't get a response at all (it's also possible they'll send a MASSIVE response that will blow you away. We'll talk about how to react to each possible response later on, but if you don't get a response DON'T FREAK OUT. Just keep working the system. It works. =-))

Appreciation Texts

Carl had always been a car guy. . . He worked hard during the week, but every Saturday morning he'd wake up early, put on his best (and greasiest) overalls and go out to the garage to change the oil, check the tire pressure, and make sure both their cars were in tip top shape. Carl was usually in his own little world in the garage, but Sara decided there was something he really needed to hear. She picked up her cell phone and typed out: "I really appreciate all the work you do to keep us safe. Every time I drive anywhere I think about how much you love me. Thanks."

A few minutes later Sara heard the screen door swing open. She turned to see Carl standing there, greasy as he always was on a Saturday, holding his cell phone and with a goofy smile on his face.

The first kind of text I want you to master is deceptively simple, kind of scary to send and (honestly) a little bit cheesy.

I keep trying to think of a cooler name for Appreciation texts, but I keep coming back to just calling them what they are.

Appreciation texts are little pieces of romantic wonder sent over the airwaves and right to your partner's heart.

Even though Appreciation texts might SEEM LIKE common sense, getting one is enough to make most people grin like the Joker and walk like they've got helium in their shoes.

Seriously. I don't know if it's just an American thing, but most people, especially couples, just don't tell each other what they LIKE about each other very often.

It's like we're all trying to be too cool to be romantic. But love isn't cool. It's dorky and overwhelming and ridiculously fun.

And I know from talking to my email list that the number one piece of anxiety men and women in relationships have is wondering how their partner REALLY feels about them.

Remember the I Like Myself Game?

Appreciation texts are basically the same thing in reverse. But instead of talking about what you like about YOURSELF, you'll talk about what you like about your partner.

The key here is to be HONEST, DETAILED and focused on the "intangibles" about your partner. . . something about their personality or the core of who they are that you really like.

We'll cover how to give compliments (which are more about looks or physical aspects of your partner) later, but for now we want to go DEEP and romantic. Let your partner know that you see them for who they are and give their self esteem a solid (and loving) kick on the butt.

A good Appreciation text is like an island of shocking sincerity in the sea of BS that fills most people's days. If your partner is having a hard time at work, is under a lot of stress or is any way low, a good Appreciation text can be enough to turn the whole day around.

OK, now that you know what an appreciation text IS, let me show you how to do it. . .

I think you're sold on the concept. But how do you do it?

Step 1: Go back and play the I Like Myself Game, but instead of playing it about yourself play it about your man or woman. What do you REALLY like about your partner? Being shallow on some of this is fine ("she's got a great ass"), but the key to making this really work is to go DEEP.

Are you parents together? What do you LOVE about him as a Dad?

Is your partner really successful at work? What trait makes her such a dynamo?

What about your partner just makes you feel **incredibly** lucky to have them in your life?

What *tiny details* can you pick up about what your woman does that lets you know you're loved and adored?

What simple act does your man unconsciously perform that lets you feel safe in your relationship?

When you see your man with other people, what do you really appreciate about him? Does she have a sense of humor that fills room?

For now just list these traits out. One Appreciation my girlfriend sends me on a regular basis is super simple. She just says **“You’re a really good man, Mike.”**

It’s simple. It’s uncomplicated. It’s a little bit cheesy. I KNOW what she’s doing and why she’s doing it and despite all of that just getting this one simple text makes my whole day.

The key here is to cut through the BS and get to what you truly LIKE about your partner.

Listen, I don’t want to get on a soapbox here, but it seems to me that we all spend way too much time focusing on what we DON’T like about people in our lives and what we wish was better. And all that does is cause arguments, rack up therapy bills and give us an insatiable appetite for reality television.

I know there are things about your partner that drive you nuts.

But for this to WORK, for you to get the love, affection and dirty, fleshy wonder that you want, you’ve got to move past all of that, expose yourself a little bit and be truly honest about the GOOD stuff.

Got it?

Good. Cause I can rant more. And nobody wants that.

If you need to drink some bourbon to do this, that’s fine. But get it all down on paper. What do you ADORE about your partner?

Take 10 minutes and write EVERYTHING down. Every single detail about what made you attracted to him or her in the first place.

Seriously.

Do it.

Then come back and read more.

The Appreciation Text Formulas

Step 2: Once you've got your list of traits, use one of the Appreciation text formulas as the first romantic text that you send your partner.

These formulas are really simple and can be used by pretty much everybody.

The formulas I like to use are . . .

“What I've always loved about you is . . .”

or

“I really appreciate . . .”

or

“I don't say it enough, but I really like . . .”

You can really use any header you want. The key is to make sure what you're saying about your partner is true (or at least true to you) and is said as sincerely as possible.

I like to close off my Appreciation texts with something like . . .

“I'm really glad you're in my life. =-)”

or

“How lucky I am to have you in my life. =-)”

Simple, right? But you know what? It works.

Here are a Few Examples of Appreciation Texts in Action...

Example 1:

Bob: “I was just thinking about what a great mom you are. I see how you are with the kids and it just makes me feel really lucky to have you in my life. You’re wonderful.”

Sally: “Thank you!”

See, pretty simple, huh? The key is to be raw in your appreciation and not to coat it with any excuses or hemming and hawing.

Let’s do another example:

Example 2:

Jenny: “One of the things I really love about you is how loyal you are. You’re such a good friend to people and it’s so great to know that you’re in my corner.”

Bill: “Wow. Thanks, honey. I don’t know what to say. I really like you a lot, too.”

It can be tough to get the hang of Appreciation texts at first, but once you do you’ll probably find yourself giving honest appreciation to people all over the place. It can get kind of addicting. In fact, one of my clients said he started using Appreciation texts in his every day life, just telling EVERYBODY he knows what he really likes about them, and it basically changed his whole life.

Example 3:

Jim: “What I like about you is how you manage to keep smiling even in tough times. You’re an amazing woman.”

Mary: “...”

Again, I know this sounds pretty simple, and I feel like I shouldn’t have to spell it out. But when was the last time you just told your partner what you really freaking LIKED about them?

How a Guy Might Respond...

If your partner is a man, he might not quite know what to do with an Appreciation text. Men generally aren't as emotionally open as women are and don't have the same emotional vocabulary or emotional intelligence that women do, but I promise you he DOES appreciate the sentiment (if he can trust it.)

If he doesn't respond at all... Don't worry about it and don't even bring it up next time you see him. Just rest assured that he got the message and move on to sending him a different message the next day.

If he responds positively... Awesome. If you read some of the success stories at the beginning of this manual you'll see examples of guys who basically GUSHED to their women after getting this kind of message. A lot of guys are really sick of playing the tough guy game and a good appreciation text can open the door to a real emotional flood.

Heck, some women have even written me to say that Appreciation texts have caused their guy to break down crying. (Seriously.)

And guys in general LOVE to have their ego stroked by a woman.

If he responds negatively... This is rare, but it does happen on a rare occasion. Sometimes if things in a relationship are really bad, a guy will feel like you're only sending this kind of message because you want something from him. If that happens to you, take a step back and try to talk to him that night. It probably means your relationship issues are beyond what can be fixed by texting.

No matter what, the key here is to not get disappointed or angry if he doesn't send appreciation back your way right away. Never send an Appreciation text just as a way to get something in return. There lies madness.

How a Woman Might Respond...

She'll probably melt. Seriously. I've taught this simple technique to a LOT of guys over the years, and in almost all cases the woman reacts VERY favorably, sometimes with tears, kisses or raves about how she has the best husband/boyfriend ever.

Most guys are really bad at showing appreciation for the women in their everyday lives. But something as simple as this is a HELL of a lot more effective at helping her be happy than buying a box of chocolates or some expensive piece of jewelry.

In fact, if you're a guy, you should commit to sending Appreciation texts to your woman at least once a week for the long term.

That said...

If you don't get a response... Don't freak out. Just keep working the system.

If she says "This doesn't sound like you"... or something to that effect, respond with "I know. I don't tell you how wonderful you are often enough. I'm changing that."

If she responds negatively... Again, the only reason you'd get a negative response to this kind of text is if things are VERY wrong in your relationship. Take a step back. You might need to go to therapy.

When to Use Appreciation Texts

Appreciation texts are great "one off" texts to send randomly during the day, but like a lot of stuff they can lose their power if you send too many of them.

If you send the SAME message over and over again, it's going to lose its juice pretty quickly. But throwing an AT into the mix a couple times a week, even if you have no other reason to chat with your partner, can do wonders for your relationship.

More Appreciation Text-worthy Traits to Focus On...

Remember, Appreciation texts should be about *who your partner is at a core level*. This is about who they are as a person. Don't send "I love that you're a great dad" because you want to make him feel guilty about not showing up for soccer practice. Focus on the things you genuinely like about your partner.

Here are some more example traits you can use to fuel your Appreciation texts:

- Honesty
- Bravery
- Sense of humor
- Compassion/Empathy
- Being a great parent
- Being patient
- Being able to defuse a tough situation
- Toughness (“I always know I’m safe when I’m with you.”)
- Kindness
- Loyalty
- Musical ability
- Art
- Science
- Being good at their job

The sky is the limit here, folks. **Dig deep and find those little pearls of wonder that make your partner who they are.**

Tangentially, showing appreciation to people is a great way to get what you really want in life. And the more specific and observant you can be in your appreciation, the more the people around you will light up and go out of their way to do you favors in return.

Don’t believe me? Next time you’re out for dinner, wait until the end of the meal and then tell the waiter or waitress, “I really appreciated how well you took care of us tonight. I know you’re busy and have a lot of tables, but you really helped us have a great night.” And see what kind of look spreads across their face.

It’s like having Dark Jedi powers, but without the dark.

Before I close this section off, let me just give you some more done-for-you Appreciation texts you can plug and play with right now... (These are all actual texts used by actual people and some of them were contributed by TRB customers.)

“You’re the most caring, wonderful, passionate woman I know. I can’t believe how lucky I am to have you in my life.”

“You have no idea how much I adore and appreciate you, but I’m going to show you tonight. =-)” (I used a variation on this one on the Rachael Ray show and made every woman in the audience swoon.)

“I don’t say it often enough, but you’re a fantastic girlfriend =-)”

“You’re a really good man. Thanks for being mine. =-)”

“Do you have any idea how special you are to me?”

“I was just talking to (NAME OF FRIEND) about you. . . reminded me of what an amazing man/woman you are and how much I love having you in my life.”

“I love your sense of adventure. . . how you’ll try anything twice. . . how you see every challenge as an opportunity. . . and the feeling I have in my heart when we go out in the world knowing something wonderful is going to happen because you’re by my side. =-)”

“Being with you makes me a better man. =-)”

“I don’t say this enough, but I really appreciate how much time you spend making dinner. Every time we sit down, it’s like eating a piece of art =-) You do an amazing job taking care of me and I hope you know how much I love you.”

Here’s Your Assignment. . .

Take your list of things you really like about your partner, build just ONE appreciation text using the formulas above and SEND it. If you don’t get a response (but you probably will), don’t worry about it.

Then move on to the next section where I’ll teach you how to use Sensual Compliments.

Sensual Compliment Texts

Harry was at the bar when he got the text that made him turn as red as stop light. It was a simple thing, but it totally shattered his concentration on the game. Suddenly he felt this heat building up in his chest. No woman had ever talked to him like this before and suddenly football didn't seem that important. All he could think about was his truck outside, the woman waiting at her apartment and how he could be there in 20 minutes if he left right now. . .

Sensual Compliment texts are the physical and sensual counterpart to Appreciation texts.

They're little texts you send to your partner as a way to let him or her know you're thinking of them, find them attractive, have some plans for them that night or generally like having them around. . . and they're a great way to add a little SPARK to your partner's day, draw their attention to you like a magnet and get the passion center of their brain working in overdrive.

Generally, I like to use Appreciation texts to show my partner how much I LOVE her and Sensual Compliments as a way to show her how much I WANT her, desire her, lust after her and how she basically drives me crazy and makes me feel like a cave man.

GUYS - Master what I'm about to teach you and you'll be shocked how much happier your woman feels, how her passion center lights up (even if she's not that interested in romance now) and how you start feeling like teenagers again.

LADIES - I'm giving you the Holy Grail here.

Seriously. Most men simply NEVER feel physically appreciated or desired by the women in their lives.

NEVER.

If you can be that ONE woman who objectifies him and makes him feel like a powerful, sexy guy he'll be as loyal to you as a Golden Retriever.

OK, let's get into just what I call Sensual Compliment texts because they're texts about how your partner looks, sounds, smells, tastes or feels (you know, SENSES).

By using powerful, emotional words in your texts, you'll basically create a fantasy world for your partner, will draw in multiple parts of his or her mind and will turn texting into a private romantic channel where he or she gets excited every time they feel that familiar buzz. . .

Sensual Compliment Texts for Women Vs. Men

If your partner is a man, you can be pretty blunt in your Sensual Compliments. (Honestly, you don't even necessarily need to be all that sensual. Just going for the jugular will probably work. . . but don't get lazy. Guys are SHOCKED when they meet a woman who can actually play this game well.)

That said, the women who get the most mileage out of sensual compliment texts are the ones who use detailed language, take control and bring multiple senses into the equation.

Also, the more detail you use in the texts you send your man, the more detail he'll use when he eventually starts texting you back. You're TRAINING your man here and you need to show him exactly what you want to receive.

If your partner is a woman, **GO FOR THE GOLD**. Seriously, if you learn nothing else from this manual, you should master this stuff. Being able to show a woman that you actually NOTICE stuff about her and can talk about details will have her quivering with excitement and bragging to all her friends about what an amazing partner she has. It'll also help her be a lot freer and more passionate with you in general.

Sensual Compliment Texts Explained

A good Sensual Compliment text is all about DETAIL and emotion. You've got to show your partner that you're paying attention to them and need to use powerful language to engage their imagination on a real level.

First let's look at a quick Sensual Compliment formula, then I'll break this down a bit.

The Sensual Compliment Formulas

“I can’t stop thinking about your. . .” (Body part or trait.)

or

“You have the most wonderful. . .” (TRAIT. Bonus points for adding the EFFECT IT HAS ON YOU)

or

“I really like your (TRAIT). I keep getting distracted thinking about it.”

The key is to get right into what drives you wild about your partner. Let them know that thinking about them distracts you, and let them feel that rush of being found attractive by you and having **POWER** over you.

Let’s do some examples from each of the senses (note that some things are going to cross over between senses, and that’s just fine. In fact, the more senses you can get involved in your compliments the better off you’re going to be.)

IMPORTANT NOTE: When you’re figuring out what you should compliment about your partner, you **MUST** make sure it’s something about themselves that they actually like. Guys, just because YOU love her ass doesn’t mean SHE loves her ass. If she’s got a complex about it, your words could blow up in your face.

Sight

Sight Compliments are about the way your partner looks, or about the way some specific (and sexy) part of your partner looks.

Generally guys are going to go right for Sight Compliments and have a hard time stretching out to other parts (though if they do, they’ll reap huge rewards).

Good fodder for Sight Compliments includes specific body parts. The more specific you can get the better.

So saying “your ass is great” is OK, but saying “the subtle curve of your lower back and the little mole right above your left hip drives me crazy” is MUCH better.

Just to list it out, here’s a few things that make GREAT sight compliments:

- Eyes (make sure to let him/her know what you feel when he/she looks at you)
- Skin
- Lips
- Biceps (for guys. . . though, ladies, if he doesn't have any biceps you should leave that one alone; guys can be sensitive, and we don't all work out like Brad Pitt)
- Hips
- "The curve of your neck"
- "Your smile"
- "Your hair"
- "The way you look at me" (a bit advanced, but hey)
- Butt/Ass/Badonkadonk
- Teeth
- "The shape of you" (one of my favorites to send to a woman)
- Breasts
- Other, less PG parts

Again, for guys in particular, going for the obvious stuff will only get you so far. Going deeper and in more detail will make your woman swoon.

For women, I recommend you focus as much as possible on how this thing about him makes you personally feel. A lot of men's self esteem comes from the way women react to him, and Sensual Compliment texts are a great way to make him feel good about himself.

Here are some Sight Compliment examples

Example 1:

Mark: "I love your eyes. The little specks of green in them. Sometimes I feel this little shock of electricity through me when you look at me. I like it. =-)"

Example 2:

Jen: "I keep thinking about the muscles on your back. I like the way they move under your skin. I should be working but you keep distracting me. =-)"

Example 3:

Jason: "You keep distracting me. . ."

Marie: "Really, how?"

Jason: "I keep thinking of you wearing my old football jersey. Your thighs peeking out the bottom and. . ."

Marie: "Oh, you like that, do you?"

Jason: "Very much. =-)"

Sound

Sound Compliments are almost always going to be about your partner's voice. Honestly, the voice is something that most couples utterly ignore. I could probably do a whole program teaching you how to use your voice to really bore through to your partner's romantic mind, and how hearing certain voice tones can hijack our brains.

But that's for another time.

Again, the key is to give your partner a compliment and let them know the EFFECT their voice has on you.

For instance:

Paul: "I love the sound of your voice when you've had a little too much to drink. It's all husky and low and sends shivers up my spine."

Jenny: "I'm sitting at my office thinking about the little gasp you make when we make love. . . =-)"

Jeremy: "Just hearing your voice last night made my whole body light up. I could listen to you for hours. =-)"

Notice the detail? Notice the PLAYFULNESS?

Smell

It's funny how here in America we get all obsessed with covering up smells. **PHEROMONES** are powerful stuff, after all. Personally, my girlfriend gets downright mad at me if I wear deodorant and makes me wash it off as soon as I get home.

Anyway.

For guys...

Talk about the smell of her hair and how you can't wait to bury your face in it when you see her that night.

For women...

Talk about the smell of his BODY and how SAFE you feel when you smell it.

Mark: "I love the smell of you. Just smelling your hair makes me feel like I'm right where I'm supposed to be. =-)"

Jill: "I crave your smell... it's like a drug to me and I'm counting down the minutes until I get another hit."

Bill: "I can't stop thinking about the smell of your skin right when you get out of the shower..."

Taste

Powerful, powerful stuff that most people utterly ignore.

Generally, a Taste Compliment text is going to be about the taste of his/her skin or the taste of his/her lips. (Or... well, the creative among you will figure it out. I'm trying to stay PG-13 here, but go crazy.)

For example:

Tom: "I miss the taste of your skin. When I see you tonight I'm going to nibble my way all up and down your neck until..."

or

Sarah: “I love the way your lips taste. Thinking of it makes me weak in the knees. . .”

or (my personal favorite) the very simple. . .

Jeremy: “You’re delicious. =-)”

or

Gary: “You were delicious last night. =-)”

Sometimes just a short message like that can work wonders.

And finally, we’ve got. . .

Touch

As you’ll discover as you get better at texting, the word “feel” has a certain magical power to it. It’s one of my key power words for texting in general. I like to pepper it through everything I send, both in talking about the physical sensation of feeling something and talking about emotional feelings.

Great Touch Compliment texts include:

“Your body. I love how soft you feel against me.” (Texting a woman)

“Your arms. I love how big and SOLID you feel.” (Texting a man)

“Your skin”

“Your lips/mouth”

“The way your (body part) feels in my hands.”

Example 1:

Jerry: “I miss the feel of you against me. Can’t wait to get home.”

Example 2:

Sally: “You have the softest, most wonderful lips. . .”

Etc.

Reactions

How's your partner going to react? Probably positively. In a lot of cases, if the relationship is pretty good your partner will pounce on this opportunity to have some really fun, flirty (or dirty) back and forth with you.

If that doesn't happen, don't sweat it. Just by giving the Sensual Compliment you'll show you're paying attention to the details about your partner.

Women in particular react VERY well to this kind of sensuality. Personally I think this kind of attention to a woman is like sunshine to a flower. Women NEED to feel appreciated, both physically and emotionally, to really be happy in a relationship.

If you're scared of the quasi-erotic aspect of Sensual Compliment texts, keep reading and use the Text Massage technique.

Men need attention, too, but it doesn't always need to be so poetic.

Before we move on, here's some more done-for-you Sensual Compliment texts, including some advanced multi-sensual texts...

"Stop distracting me... I keep thinking about the curve of our neck. The way your skin tastes. How it feels when I see you."

"You have no idea how much I crave you."

"I can't stop thinking about your fingers on me. Your nails lightly against my skin. How I feel when you touch me."

"I love your skin. Every inch of it. I want to touch every part of you."

"You have the most amazing eyes... the little specks of green in them, the way they light up when you're happy... how I feel this amazing energy in my chest when you look at me."

"I can't wait to feel you again. =-)" (Great one to use as a one off. Try it.)

"Can you imagine how good it's going to feel like when I see you tonight?"

Honestly, I could type these all day =-)

Here's your assignment:

Pick **one** sensual compliment text to send to the man or woman in your life. I recommend sending one of these the day after you made love or really just any time you want to make your man or woman feel wanted.

Quick Review of Week 1

So far you've learned how to use Appreciation texts and Sensual Compliment texts to show your partner what you love about them both emotionally and physically and to let them know the powerful effect they have on you.

For the first few days (up to a week) that you're using TRB, you should probably stick to these two formulas. I recommend that the very first text you send be a Appreciation text to get your partner feeling warm and fuzzy.

Then the next day you hit them with a Sensual Compliment. . .

Then the day after that you're back to Appreciation texts. . .

Then on the fourth day you mix the two.

The key here is to engage both their emotions AND their libido and ego.

If you're like a lot of my clients, you'll find that even just sending a VERY basic Sensual Compliment lights a massive fire under your partner and amps up the passion in your relationship over night.

If that happens, just GO with it. But remember, the key to romantic texting is **DETAIL**. The more **DETAIL** you put into your texts, the more **REAL** they become.

Now it's time to move on to week two, and to get your partner fully **ENGAGED** in the TRB program.

Week 2: Curiosity Magnets and Bait Questions

In your second week with *Text the Romance Back* it's time to start making your texts more interactive and to get your partner to start texting YOU as well.

How do we do that? With two simple but powerful techniques I call Curiosity Magnets and Bait Questions.

Let's get moving =-)

Curiosity Magnets

“Killed the cat.”

Mary was bored out of her mind when she got the text that sent her heart racing. She was standing in line at the grocery store, biting her tongue at the overweight truck driver who'd cut her in line (and who definitely did NOT have 15 items or less... how could any one man buy that much beef jerky?) when she felt the insistent buzz of her cell phone.

“Oh, great. Another emergency,” she thought as she as she fished her phone out of her purse... then she saw the message. So simple, but so weird. It was from her husband, Bob. It said “You have no idea... =-)”

Without even thinking she typed back a short “about what?”... What didn't she have an idea about? Was the washer broken? Was Bob secretly having an affair with his secretary? Her mind went racing, but what Bob sent her next sent a thrill through her body from the bottom of her feet to the tip of her nose. Suddenly the day didn't seem so bad after all.

The third texting technique I'd like you to learn is called the Curiosity Magnet.

I call it that because it uses curiosity to draw your partner's attention to you like your phone is a powerful electromagnet... and because this kind of text is VERY hard to ignore and is designed to get your partner to take baby steps towards actually texting YOU.

The Curiosity Magnet is a lot like a FedEx package. You have no idea what you're going to get, so you tear into it like a wolverine into a steak the minute it lands on your desk.

Curiosity Magnets are a FANTASTIC way to start off a texting session with your partner. It's sort of an “across the bow” shot that lets your partner know you're thinking of them, raises your hand for attention and gives you a chance to see if they're available or if their phone got stuffed into a backpack while they were in their Pilates class.

So what IS a Curiosity Magnet?

It's a short, playful, **incomplete thought** you send to your partner more or less randomly during the day.

Here are a few of my favorite Curiosity Magnets you can use right away. . .

"I can't stop thinking about. . . =-)"

"So. . . =-)"

"You are so. . . =-)"

"So, tell me. . . =-)"

"Stop it. . ." (You follow this up with "Distracting me =-)"

"Do you have any idea. . . ?"

"You have no idea how much. . . =-)"

"If I were there right now. . . =-)"

"If you were here right now. . . =-)"

"I can't believe. . . (How lucky I am to have you.) =-)"

The magic behind Curiosity Magnets is in the ellipsis at the end of the sentence. (Ellipses are the ". . ." for those who flunked English class like I did). . .

That little ellipsis is what gets your partner's mind racing like crazy and engages their imagination as they try figure out what the heck you're going to say next.

The little smiley face "=)" accomplishes two things:

1. It's a great way of indicating to your partner that you're looking to flirt and have a little bit of fun.
2. It acts as punctuation at the end of the ellipsis to let your partner know that this was the whole text you meant to send (and that you didn't just send an incomplete message by accident.)

It's important that you use BOTH the ellipsis and the smiley face for your Curiosity Magnet to actually work.

I'm not a huge fan of emoticons or "text speak" in general, but the smiley face is the one I lean on every once in a while. It's great shorthand to show your mood to who you're texting.

If Your Partner is a Woman (A Bird, A Chick, A Gal)

If your romantic partner is a woman, she'll almost always respond to a Curiosity Magnet with a "About what?" or "What...?" or even just a little smiley face of her own.

In that case you should follow up with a Sensual Compliment or Appreciation text to complete the thought.

For instance:

Sean: "I can't stop thinking about...=-)"

Mary: "About what?"

Sean: "About the way you smell. I hated saying goodbye this morning. =-)"

Any kind of Sensual Compliment or Appreciation text is going to cause your partner to totally melt, send you back something sweet and maybe even engage in a really fun back and forth.

Some guys I've worked with say that they've gotten weird responses from their women. They send a Curiosity Magnet and then get back a message saying something like "Oh, my god. I have to tell you about blah blah blah."

And that's actually why I suggest you don't use the Curiosity Magnet until week 2 of using *Text the Romance Back*. By then your partner should be getting used to the idea of getting fun, flirty and occasionally dirty texts from you.

Basically, we're using the earlier texts to train your woman to expect good things from you when the phone buzzes...

And then we come in with the Curiosity Magnet to get her motor really running.

If Your Partner is a Dude (A Man, A Guy, A Bloke)

Ah, guys and their dirty minds.

In most cases, guys are going to respond to a Curiosity Magnet the same way a woman would. They'll say "About what?" and play along.

Sometimes, though, your guy is going to leap to conclusions and will assume right away that you're talking about an intimate moment the two of you had recently, especially if you've been using some Sensual Compliments on him before.

Depending on where you want to go with things, that can be totally fine. After all, having your man thinking dirty thoughts about you (instead of about some random TV floozy) is only a good thing for your relationship.

You can usually tell if your guy is going there by how he responds.

If he just sends you a "=-)" type answer, that means he thinks you're being naughty.

From there you can either stick to your original plan (sending an Appreciation text, a Sensual Compliment or anything else), or you can decide to have a little sensual fun with him. It's up to you.

Like I said, Curiosity Magnets are a great way to open the door to a fun texting conversation with your man/woman/space alien.

A quick WARNING on Curiosity Magnets...

There are going to be times you send Curiosity Magnet texts and just get no response whatsoever.

In that case you've got two options...

1. Let it go for now. I like to use Curiosity Magnets to test the waters and sometimes the water's freezing and it's not time to get in. If you don't get a response or if you get an "all business" response, it's just not time to flirt and play. Let it go and come back later.
2. Complete the thought and just keep going. No matter what you do, some folks are just going to be oblivious at first. If a minute or so goes by without any kind of response from your partner, just follow up your curiosity magnet with the Sensual Compliment or Appreciation text you previously had planned. As you'll learn, one of the keys to getting great results with texting is to be flexible.

Let me just give you a few examples of what can happen when you mix a Curiosity Magnet with Appreciation texts and Sensual Compliments...

For this we'll use a couple named Jessica and Bob. Jessica bought TRB because after about a year of dating things with Bob have gotten a bit dull.

Bob's a total workaholic who doesn't have as much time for Jessica as she'd like.

Here's a simple 1, 2, 3 punch type of text she can send just using the three concepts we've learned so far.

Jessica: "I can't stop thinking about...=-)"
Bob: "Hey... busy day. About what?"
Jessica: "Your skin. Your fingers. The way I feel when you touch me."
Bob: "... really?"
Jessica: "Really. I don't tell you this often enough, but you're an amazing man... I should be working but all I can think about is how lucky I am that I've got you in my life."
Bob: "Thanks, babe. . . You're pretty amazing too."
Jessica: "When you get home tonight I'm going to..."
Bob: "What?"
Jessica: "You'll find out when you get here. =-)"

Now notice a couple things here:

1. There's actually nothing dirty about this sequence of texts at all. No swearing. No carnal language. All of the sexy stuff is just implied and is going on in Bob's imagination.
2. Notice how Jessica talks about the POWER that Bob has over her. That's absolutely intoxicating for both men and women.

Now, sometimes a Curiosity Magnet can go a little off the rails:

For instance:

Carl: "I can't stop thinking about...=-)"
Melissa: "How we're going to pay the damn electric bill? Me neither... Let me tell you about my day."

If that happens it just means it's NOT a good time to try to bring any romance up. Let your partner rant. Move on. Don't engage in an argument.

How about one more sequence you can use before we move on:

Billy: "So I was thinking. . . =-)"

Sandy: "Oh, were you?"

Billy: "About how much I adore you. . . what a great Mom you are. About that smile you get when the kids are asleep and the house is quiet and you come curl up under my arm on the couch."

Sandy: ". . . thank you =-)"

Billy: "I bet you can't guess what I'm going to do to show you how much I appreciate you."

OK, now look at this sequence and notice:

1. Even though we're using the same principles, this one's not about physical intimacy at all.
2. How Billy uses DETAILS about her smile and how she curls up next to him to show Sandy that he's paying attention.
3. How Billy uses CURIOSITY at the end to keep Sandy focused on him. She'll be wondering all day what kind of surprise she's going to get when she gets home.

(I'd recommend Billy give her a massage, make dinner, get the kids off to the sitter or something like that.)

Possibilities. Endless. Just use these THREE simple concepts by themselves and you'll have most people thinking you're a text ninja.

But of course, there's more. =-)

Bait Questions

Here, Fishy Fishy Fishy

Lisa was confused.

She'd only been dating Allen for two weeks, and he was already the weirdest and most interesting guy she ever met. It's not that he was movie star handsome (he was cute, but he was no Brad Pitt). It's not that he had some amazing job or an incredible car.

It was just the way he talked to her. The questions he asked.

Like today, Lisa had been sitting at her desk doing the 3rd quarter financial reports when her phone started pumping that Disco Beat. . . She felt this smile crawl across her face and this little thrill of excitement shoot all the way through her body. She grabbed her phone. It was from Allen (of course it was from Allen.) And it was one of those questions.

"If I was a genie and could grant you three wishes, what would they be?"

"Are you serious?" she typed back, right away.

"Of course I'm serious," he said.

And suddenly those third quarter financials were a distant memory. Lisa sat there hunched over her phone, her mind racing, her heart beating like a jackhammer thinking about the 3 things she'd really wish for more than anything else. (Allen shut down her "I'd wish for more wishes!" wish, but she was sure she could think of 3 more.)

Bait questions are a concept I originally came up with for single folks (and that I used myself when I was single as a way to start really interesting, fun, romantic questions with women. Then I met my girlfriend and all other women paled before her absolute awesomeness.)

So what the heck is a Bait Question?

It's a short, simple and often WEIRD question you send out of nowhere in order to interrupt the monotonous boredom of their day and to get them to open up to you.

For instance, one of my favorite Bait Questions is...

“If you could be anywhere in the world right now, where would you be? =-)”

I gave that Bait Question to a friend of mine recently who was having trouble getting a girl he had met to engage with him and suddenly they're texting back and forth nine hours a day and he's making a plan to go see her in San Diego.

If you're already in a relationship or are dating somebody semi-seriously, Bait Questions can be a great way to get to know your partner better, to get them to open up to you in ways they normally don't and even to give them an opening to send you something sappy and romantic on their own.

Bait Questions also let you share really personal stuff with your partner because after they answer your question they'll almost always ask you for your own answer. What's really interesting to me is that using Bait Questions you can actually have more serious and deep conversations over text than you might be having with your partner in real life.

You can also be sneaky and use Bait Questions as a way to transition into some of our other formulas and ideas.

QUICK WARNING: Bait Questions are NOT an opportunity to give your partner the third degree or run them over the coals and you should NEVER use this method to ask questions like “Name three things you love about me.” That kind of ego-centric question is a major turn off.

Here's a list of Bait Questions to get you started:

Note that some of these work better for singles and some work better when you're in a trusting relationship. Oddly enough, a lot of folks find it easier to ask strangers these questions than to ask them of somebody you love.

“If you could be anywhere in the world right now, where would you be? =-)” (Optional: “and with who?”)

“If you could have any superpower, what would it be and why?”

“When was the last time you felt truly, undeniably, ridiculously happy?”

“What’s the one thing you’ve always wanted to tell me but never thought you could?” (You need to build trust to do this one.)

“What are you most scared of right now?”

“What was the name of your imaginary friend when you were a kid?”

“What’s the most embarrassing thing you’ve ever done that you never told anybody about?”

“What band do you love even though you know they suck?”

“What’s your biggest secret? =-)”

“What did you dream about last night?”

“What did you want to be when you were growing up?”

“If you knew you were going to die tomorrow, what would you do today?”

“What’s your biggest regret?”

“What one thing are you proudest of?” (Can also add a timeframe: What are you proudest of that you’ve done this year/week/etc.)

“If you had to choose between beer and sex, which could you live without?” (Or any two things that would be a hard choice for them.)

“What’s the one thing you have to accomplish to die happy?”

“Is there any circumstance where you think you could kill someone?”

“If you could change any one thing about the world right now, what would it be?” (Beware, this can cause political rants.)

“If I was a genie and could grant you three wishes, what would they be?”

“Which is more important, family or faith?”

“If you could write your own obituary, what would it say?”

And that’s just the tip of the iceberg. (There are literally HUNDREDS more options.)

How Will They Respond?

Honestly, one of the things I love about Bait Questions is the wide gamut of possible responses.

You might get serious answers. . . (“I’d be back in bed nursing my hang-over.”)

You might get funny answers. . . (“Playing poker on mars.”)

You might get romantic answers. . . (“In a Penthouse in a fancy hotel in Paris, eating strawberries and kissing you.”)

You might get a kind of annoyed answer. . . (“Anywhere but here. Stupid work.”)

Or you might get no answer at all.

If you don’t get any answer at all to your Bait Question, you need to just let it go. Take a step back, dust yourself off and (just like always) move along with the system.

If you get kind of a stunted answer like “Uhh . . I don’t know” then you should answer the question first.

In fact, as a general rule, should NEVER ask a Bait Question you aren’t prepared to answer yourself.

Advanced Bait Question Techniques

Bait questions can actually be combined with Curiosity Magnets for some pretty fun results. This works best if you’ve already been using Curiosity Magnets for a bit and you feel like your partner knows what to expect.

You send something like:

Patty: “I wonder. . . =-)”

Paul: “About what?”

Patty: “Have you ever done anything you could have gotten arrested for?”

Paul: “Uhh. . . You’re weird. Um. Yes. But nothing federal.”

What makes that work is the incongruence between what Paul is expecting (Oh, she's going to give me a compliment or something else like what she's been doing) and what he actually gets (a question that freaks out his whole day.)

You can also use some of the more serious Bait Questions as a way to transition into some of our other techniques. . .

For instance:

Ken: "If you could be anywhere in the world where would you be?"

Alizabeth: "On the beach in Miami with you. =-)"

Alizabeth: "How about you?"

Ken: "Anywhere where I can see your smile, babe. You have no idea the effect it has on me. =-)"

Alizabeth: "=) That's sweet."

Ken: "I keep thinking about how good it's going to feel when I see you tonight and. . . =-)"

Alizabeth: "Oh, really."

If you're newly dating someone this is a great way to get to know them better while being flirty and fun.

If you're in a long term relationship, they're a great way to get an actual conversation going with your partner again (instead of always focusing on the boring day to day stuff).

Finally, sometimes when you use a Bait Question, you'll be shocked at how your partner starts text seducing YOU. . .

Sam: "If I was a genie and could grant you three wishes what would they be?"

Emily: "Seriously?"

Sam: "Yeah. =-)"

Emily: "To win the lottery, to be able to eat anything I want and never gain weight and you wrapped in a bow and nothing else at my place tonight."

Sam: "I think I can make one of those come true =-)"

Try it, you'll be surprised at how much you learn about your partner and how much FUN this stuff is once you get started.

Quick Recap: OK, we're two weeks and four formulas in. If you've been following the program you should have your partner pretty well primed.

Which is good, because in week three we're pulling out the BIG guns and building on everything else we've been doing so far.

Your assignment: Send at least TWO Curiosity Magnets and TWO Bait Questions this week. Practice transitioning from Curiosity Magnets and Bait Questions into Appreciation texts and Sensual Compliments.

Since you're getting your partner more involved in the process now, you may need to do a little improv and go off script.

Quick Review of Week 2

In week two you started using Curiosity Magnets and Bait Questions to turn romantic texting from a one way monologue into an actual conversation where your partner looks forward to getting your messages and actually responds.

For your second week using TRB you want to start changing things up a bit and keep your partner off balance. Send an Appreciation text one day, a Bait Question the next day and always be willing to abruptly break off a text conversation only to come back later with something wonderful and weird.

Week 3: The Relationship Time Machine and the Text Message

It's time to get **ADVANCED**. The next two techniques I'm going to teach you are **NUCLEAR LEVEL** powerful. They can take a little figuring out to really get them into your mind, but once you do you'll feel like you have super powers.

The Relationship Time Machine

Laura shuffles forward in line at the DMV. Her feet hurt. Her back hurts. She'd rather be anywhere but here and all she can think about is that no matter how hard she tries to smile her next license photo is somehow going to make her look like Gollum from the Lord of the Rings movies. There's something about those DMV cameras. Suddenly her cell phone buzzes.

She reaches in to her pocket to grab it, reads the text that says "Remember our first date? I'm sitting here thinking about that blue dress you had on...how you smelled...how all I could think about all night long was what it would be like to kiss you...how when I finally kiss you it's the most amazing thing in the world..." She keeps reading, she feels this energy in her chest, and suddenly she's not standing in line waiting for them to call her number. She's 22 again and swooning with the man of her dreams.

The Relationship Time Machine is a method we use to bring your partner back to a favorite experience the two of you shared together and make them remember (and re-experience) the love and attraction they had for you way back when.

The key with the Relationship Time Machine is to focus on a time or event your partner REALLY enjoyed and holds dear in some way. You can then use text messages as a way to feed that event back to him/her, narrating the event the whole way and taking control of their imagination.

I know this is starting to sound a little bit like voodoo, but believe me, it works.

The key with the Relationship Time Machine is to pick an event that's got a lot of room for sensuality, and for it to be something that's going to make your partner feel both physically and emotionally close to you. Or something where you can confess to some vulnerability and how much power your partner had over you because he/she was so attractive.

We're going to build on the Sensual Compliment and Appreciation texts we've used in previous sections here. So make sure you go back and read that stuff.

Some Examples Of Great Relationship Time Machine Material Include...

- Your first date
- The day your first child (or any of your children, actually) was born
- The day you were married
- A great vacation
- A particularly great erotic experience you shared (do this right and it can become a self fulfilling prophecy)
- A simple Sunday morning lying in bed together
- A triumph you shared together
- A tragedy you overcame together
- Times that you bonded together.
- Times that you and your partner really felt like a team
- A time you were really there for your partner or they were there for you

A Note About Memories...

Remember when I said that memories don't exist? It's true; they don't. We create our memories every time we try to remember something.

The cool thing is that by using the Relationship Time Machine you're basically going to define everything there is about a particular memory. If there are small niggling details you don't like too much, you'll actually have the chance to override them.

Power Words

Before I give you examples of how to use the Relationship Time Machine in your relationship, I need to introduce you to our two Power Words. These are two words you should pepper into any text you send to your partner.

The two Power Words are . . .

IMAGINE

and

FEEL

The cool thing about the word “imagine” is that it’s pretty much impossible to say it to someone without causing their brain to do a little hiccup and start trying to think what you’re thinking about.

(For instance, try not to imagine a pink elephant. Yeah, got you.)

“**Feel**” is a word that just hits the human mind on a primal level. You can use the word FEEL both to talk about emotions and to talk about physical sensations. When you do, your partner will actually experience those feeling and emotions, too.

Strange but true.

It’s not really a Power Word, but the word “**remember**” itself is also pretty damned effective. Simply by saying “remember” in your text you cause whoever you’re texting to start accessing their memory banks.

Assignment: List Your Favorite Moments From Your Relationship

Take out a piece of paper and work out your favorite moments from your time with your man/woman/yak/whatever.

Take your time with it. Think HARD and come up with the little details of your relationship that make the memory stick in your mind. How did you feel at the time? (Guys around the world just flipped me the bird for making them feel things. I’m sorry. But it’s the way this stuff works.)

Here, I’ll give you some questions you can use as fuel for the fire.

Question 1: What was the single moment when you felt HAPPIEST in your relationship?

There's probably one or two particular moments when you felt calm, loved, content and just damned GLAD to be with your partner. If things are kind of unromantic now, you might have a hard time seeing past the bitterness to remember those moments, but I'm willing to bet they're back there somewhere. Dig deep.

Question 2: What's the "Origin Story" of your relationship?

Just like superheroes, every couple has an origin story. It's the story of how you met, how you hooked up, or how you became a couple.

For instance, my origin story with my girlfriend (who will remain nameless in this document because I promised) is that we met at a drunken pub crawl. I felt this astonishing attraction to her and unapologetically stole her from another man.

We've both told this story (in a lot more detail) dozens of times to everyone from strangers to her mom (which was weird), and every time we tell it, we feel closer to each other.

So what's your origin story? Not the story you necessarily tell anyone, but what's the real story of how you met, how you first were attracted to each other and how you fell in love?

Question 3: When did you realize you were first in love with your partner?

Was it love at first sight? Did it take some time to bloom? Were you secretly in love with her for years before you finally made your move? Was there a single moment when he proved himself the man of your dreams?

Again, if you've gotten into the relationship doldrums, it can be hard to remember when things were sparkly, awesome and new. But by focusing on those GREAT moments, you'll open yourself up to some more great moments in the future.

Question 4: What was the greatest night of passion/lovemaking the two of you have ever shared?

Don't worry, nobody else is going to see this document but you. This *Text the Romance Back* program isn't about sex (well, it is a little bit; separating sex and romance is like separating conjoined twins—dangerous and occasionally tragic).

But think back to the best night (or mid afternoon, I suppose) you ever had together. Did you make love in a tent at the bottom of the Grand Canyon? Was there one night where you just felt romantic and magical? Was there an occasion in the back of the car where it just felt dirty and fun? Wherever you want to go with it, jot down what your best erotic experience has been with your partner.

The Formula For The Relationship Time Machine

“I was just remembering”

+

(Use imagination and “feeling” language to make the memory present tense and narrate how your partner felt and reacted at the time.)

+

(Close with an Appreciation text or a Compliment.)

Or “Do you remember. . .”

+

(Revivify the story in present tense)

+

(Close with Appreciation or a Compliment or build anticipation for when you see them next.)

Honestly, you can open this with ANYTHING that uses the word “remember.” And you can even use on somebody you haven’t been with for very long. (3 weeks into a relationship you can make them remember your first date with great results.)

Let Me Show You How The Relationship Time Machine Works

Example 1:

Roger and Lisa are married. They’ve been together for 15 years, have 3 teenage kids and just don’t get enough time together. Lisa often complains that Roger doesn’t pay enough attention to her.

After grabbing the *Text the Romance Back* system, Roger decides he wants to bring Lisa back to a time when he paid a LOT of attention to her.

Roger: “I was just remembering. . .”

Lisa: “Huh?”

Roger: “That time we got stuck in the rain in Italy. I felt like such a fool for making us miss the bus. I remember the crack of thunder as the rain starts. You look at me with this weird resigned smile on your face. You’re drenched but you look

beautiful. I pull you against me. You look up into my eyes, open your mouth and we kiss so softly. It's like the rain just fades away and the only thing in the world is me and you."

(Cue swelling romantic movie music. I figure Roger can be played by Ryan Reynolds and we'll get Natalie Portman to play Lisa.)

I'll guarantee that every woman who just read this felt her heart pounding in her chest like it was going to explode. And guys got some kind of anxiety attack, wondering if they could actually pull this off.

The good news is you CAN pull this off, and it's not even hard.

Here are a couple of things to notice:

I keep harping on this: **notice the level of DETAIL here**. Yes, I know this is a text message and you might think texts have to be short. They don't. You don't want to write a book, but spending the time on the right words pays off.

Roger very quickly moves to **PRESENT TENSE**. By doing that he's "revivifying" the event and making it feel like it's happening RIGHT NOW. He's basically CREATING the memory all over again in Lisa's mind.

This is SUPER NINJA STUFF and it works REALLY, REALLY WELL. By bringing up a past, pleasant memory, Roger gets Lisa to access her positive emotions. By narrating in the present tense he makes her (if only on a low level) feel those emotions all over again and opens her up to the idea of creating some great new memories... maybe as soon as that night.

This could go back and forth for ages, but a great way to end this kind of text exchange would be...

Roger: "I'm counting the moments until I see you tonight."

Lisa: "You should be. You're in 'trouble' when you get home. =-)"

Seriously, though. Even if you don't have anything as dramatic as kissing in the rain in Italy (where do I come up with this stuff?) **Relationship Time Machine texts can work like magic and are a GREAT way to break a fight** (or just take a breather and remind each other how much you like each other and how much you mean to each other in the middle of a fight).

Let's do another example:

Example 2:

Carol: “I was just thinking about. . .” (Curiosity Magnet)

Dan: “About what, hon?”

Carol: “About the first time I realized I was in love with you. =-)”

Dan: “Oh, really?”

Carol: “Mmm hmm. It’s our first year anniversary. . . You show up at my door and it’s the first time I ever see you in a suit. . . I’m wearing my little blue dress and when I open the door I can practically feel you eat me up with your eyes. . .”

Dan: “Well, can you blame me? =-)”

Carol: “I can see this hunger in you. I can see you trying to control yourself. When I turn to close the door behind me you snake your hand onto my hip and sniff my hair. . . We go to the restaurant. And all night it’s like all you can see is me.”

Dan: “You kept teasing me. . .”

Carol: “And you love it, don’t you? I think I might do something special for you tonight. . .”

Dan: “Might?”

Carol: “Might. If you’re good. And if you promise to look at me like that again.”

Again, it’s all about the little details. Notice how Carol is TELLING Dan what he’s feeling. Whether he was actually “devouring her with his eyes” or not isn’t that important. Since memories aren’t real, her version of things is just as valid as anything else. And if he’s having fun, he’ll totally go along with her version of things.

Get it?

Also notice that even though Dan tries to use past tense language, Carol keeps bringing it back to present tense like it’s happening RIGHT NOW. This is psychologically important since we want to elicit those same feelings of hunger and desire in Dan that he had way back when.

Relationship Time Machines can be a hard concept to get, but once you do you’ll open up the floodgates in your relationship. The key is to keep things **FUN** and **SENSUAL** for you and your partner.

OK?

How Your Partner Will React

Relationship Time Machines rock. I’ve never heard of an occasion where somebody had a BAD reaction to a Relationship Time Machine text, and

lots of folks have told me they've used RTMs to take the sting out of a fight and to remind each other why they got together in the first place.

If you do it right you'll probably get your partner to engage with you in the RTM like Dan did above. They might not take the wheel, but they'll go along with you and will REALLY enjoy the attention.

In some cases you'll shoot out the beginning of an Relationship Time Machine and won't get any response at all. **DON'T PANIC.** Just let it go. It probably just means your partner is busy. And even if you don't get a response, there's absolutely no reason you can't just write out the entire RTM text for them to find next time they look at their phone.

In other cases you'll find that as soon as you start getting to the "good stuff" in an Relationship Time Machine your partner jumps all over it and gets into some hot and heavy detail, or just pipes up with an "I love you so much." If so, all the better. You're on the ride of a lifetime.

Unfortunately, I really can't write your Relationship Time Machine texts for you (since I don't know all the details of your relationship). But just remember to use as much detail as you can, to focus on the POSITIVE emotions you want to elicit and to use the present tense.

This stuff is GREAT for reaffirming relationships and rebuilding bonds.

Here are a few more quick examples:

Tiffany: "I was just remembering the first time I saw you holding our son. You had your shirt off in the kitchen. The bottle is in your hand and you're looking down at him with this feeling of absolute, amazing love. I knew right then you'd be an amazing father and the man I wanted to spend the rest of my life with."

Max: "Remember the first time we kissed. . . I was so nervous. We're outside your parents' place and all I want to do is just drag you back to my car. But instead I lean over and I feel fireworks. You press your body against mine. . . you breathe into me. Amazing. I want to kiss you like that again tonight."

Amber: "I was just thinking about that time. . ."

Jake: "What time?"

Amber: "Your cousin Kelly's wedding. . . when we snuck off to the bathroom together. . . I can't believe you ripped my bridesmaid's dress. . . =-)"

This is a VERY powerful technique and I wish I had another 30 pages to dive deep into WHY it works. But the fact is it WORKS. Use it.

Your assignment: You've already done the heavy lifting for the Relationship Time Machine. This week, simply send 2 RTM texts to your partner.

The Text Massage

Aaron's shoulders felt like an electric current was running through them... like there were daggers stabbing into the flesh of his neck. It was inventory day at work and any mistake could cost him everything. Suddenly his phone rings. And a sudden headache attacks Aaron's skull with a sledgehammer. Who could it be? Rick calling in "sick?" Angel telling him he left his laptop at home? His boss, Terry, telling him to clear out his desk? One more thing... one more thing and Aaron was going to pop.

It's Angel alright, but it's not the message he's expecting. He reads what she says. Simple little words, but just reading them he feels his breathing slow down, his shoulders relax. All that tension just fading away. He takes a deep breath. He'll get through the inventory, and then he'll rush home to be with the woman he loves.

This next technique is SUPER powerful when done right. **It's a way to get ALL of your partner's senses SINGING and to have them thinking of nothing but you all the live long day.**

I call it the Text Massage because... well, because I only had to change one letter in "text message" and I'm lazy.

No, I call it that because you're basically going to use tricks of psychology to give your partner an honest to goodness message over text message wherever they are, whenever you want.

I didn't know this when I first created the technique, but this stuff MELTS men and turns them into blubbering piles of goo.

And it does an end run around a woman's defenses and gets her to totally open up to you.

In fact, I've heard more success stories and testimonials from this one technique than I have from anything else I've ever done.

It's an intractable fact of life that PEOPLE LOVE MESSAGES.

Some core stuff to keep in mind before we dig in:

PRESENT TENSE is powerful. Whenever we send anything like this, we want to speak in the present tense and let our partner feel like it's happening RIGHT NOW.

Remember our Power Words IMAGINE and FEEL. These are the dual cannons of text sensuality. Use them with care.

In most cases you're going to narrate not just what YOU do, but how your partner reacts, as well. It's crazy, but simply TELLING someone how their body reacts or what they feel emotionally over text can be a huge turn on for them. It's intoxicating to think that your partner can take control and guide you through a really amazing experience, and it gives your partner permission to just sit back and enjoy the ride.

Here's How to Give a Text Massage

Step 1: Wait until you think your partner is somewhere boring or stressful. At work is great. Most of us work at torture chambers dressed up as desks, pounding our way to tendonitis and bad backs day in and day out.

Also, if you know your partner is having a particularly hard day they'll really appreciate this as a way to help the tension melt away.

Step 2: Send an Empathy text. Something along the lines of "I know you're having a hard day. If I were there right now..."

Step 3: Use detailed language and Power Words to give your partner a virtual massage by telling them EXACTLY how you would touch them and narrating how they would FEEL as you do it.

Let me just give you an example to make this make sense:

Feel free to 100% STEAL this script and use it. Seriously, just take what it says below and type it out verbatim. I guarantee a positive response.

Jim and Fiona (I love making up these names) have been together for over ten years. They went through some rough spots but have been working on their relationship. Jim knows that Fiona has a big presentation at work and wants to help her relax.

Jim: “You’re an amazing woman, honey. You’re going to do great today.”

Fiona: “Thanks. I’m just nervous.”

Jim: “I know. I wish I were there right now. If I were. . .”

Fiona: “=-)”

Jim: “You’d feel me coming up behind you. My strong hands crawling up your back to your tense shoulders. My breath on the back of your neck. Little shocks of electricity rush through your body as you feel my fingers gently massage your muscles. Imagine all that tension just flowing out of your body like water flowing out of a drain. It’s like the whole world just fades away and the only thing in the world for you to think about are my hands gliding over your skin. . .”

Fiona: “That would be. . . nice.”

Jim: “You feel my nails lightly scratch the back of your neck. A shiver runs through you. Your whole body tenses and then relaxes. You feel like your skin is awake in a way it hasn’t been for so long. You feel loose and confident and so very, very relaxed.”

Fiona: “You’re distracting me. =-)”

Jim: “I know. =-) Breathe, baby. You’re going to do great. And when you get home I’ll make this little fantasy a reality. OK?”

Fiona: “Mmhmm. =-)”

Get the idea? Notice how Jim uses the word **FEEL** liberally, narrates EXACTLY how Fiona responds on a bodily as well as an emotional level and really takes control.

If you’re a woman using the Text Massage method on a guy, I’d recommend that you mix in a bit more visual language into your approach.

For instance:

Sally: “I see a wide smile crawl across your face as you feel my fingers dance lightly down your chest. You open your eyes and see me staring down at you. The only thing you can think of is this wonderful energy building up in your stomach. Spreading through your limbs like a hot, soothing liquid. Your whole body tingles. You see bright stars in front of your eyes and you feel this incredible sense of relaxation.”

You Can Also Send Mini Text Messages...

These are just little ways to tease and flirt with your partner and have fun with them during the day.

Things like...

Paul: "Can you imagine how good it's going to feel when you feel my arms wrap around you..."

or

Stephanie: "Just imagine how relaxed you're going to be when you finally sink into bed next to me tonight and feel me..."

If You Want to Get More Advanced, You Can Turn a Text Message into a Text Kiss

The same basic principles apply here, but instead of talking about kneading muscles and energy in the stomach, you share the most romantic act known to man... the kiss.

Now, I think we all know that **kissing is awesome**. The first time you kissed your partner was probably the time you decided if they were someone you wanted to pursue something serious, semi-serious or serious for the next 17 minutes with or not.

And biological research has shown that when we kiss someone all sorts of crazy chemical reactions go off in our bodies. (So that whole idea of chemistry between people is actually quite literally true.) Remember, the key is for you to **TAKE CONTROL** and narrate his or her reaction and what goes on inside his or her mind and body. And bring as many of the senses into this as possible.

For instance:

Mike: “You feel me kissing up your neck, my lips on your cheek, you taste my breath just inches away from you. . . and then we kiss. Your mouth pushes against mine like you’re quenching a thirst. Your whole body reacts. You feel this wonderful energy flowing down through your whole body, this magical spark as we come together. My arms around you, pulling you closer. You feel safe and wanted and know how very, very much I love you.”

Ahh, swoon worthy.

For added fun, you can also narrate YOUR reaction to the kiss. This works SUPER well if you’re a woman using this technique on a guy. Guys LOVE to feel really desired like this.

Jenny: “You see me smiling at you. We lock eyes. I come closer. I can’t help myself. It’s like there’s a tractor beam between me and you. You wrap your arms around me. . . pull me close. Our lips just inches apart. I try to get closer but you won’t let me. I feel this incredible yearning in me. Then finally, our lips meet and it’s. . . amazing. I feel your breath pushing into me. It’s like time stands still and for a minute there’s just you and me. And even after all these years together you make me weak in the knees.”

Got it?

Text Messages and Text Kisses can take a while to master, but they’re worth it.

And don’t even worry about mastering them yet. Even if you just send some basic stuff like. . .

Jeremy: “You feel my lips brush against yours. . .”

You’ll get a great response.

The key is INTENTION. Everything you send your partner should have a positive intention and interest in them experiencing pleasure, relaxation and love.

It’s your husband/wife/boyfriend/girlfriend/armadillo after all, and it’s your JOB to help them enjoy their lives as much as possible.

Your assignment: Send your partner at least one Text Message and one Mini Text Message this week.

If the idea of writing this kind of stuff freaks you out (I’m looking at you, Vern from accounting), take a deep breath and start out basic and simply STEAL the exact phrases I give you in this chapter. I get the feeling that after you see how WELL your partner reacts to this stuff you’ll be addicted.

Quick Review of Week 3

In week three you learned how to start using DETAILS to create a private fantasy world for your partner using nothing but your thumbs.

By the third week your partner should be warmed up thanks to all the other kinds of messages you've used and should be VERY receptive to the more advanced material.

No matter what kind of response you've gotten so far, use the Text Massage technique almost exactly as I've written it out here.

Just like in week two, your job this week is to add Relationship Time Machine and Text Massage texts to your arsenal of texts.

Week 4: Private Whispers and Digital Foreplay

In week four we start using texting in more “dangerous” situations and move from sensuality to flat out eroticism using Digital Foreplay.

If you’d rather keep things PG, that’s totally cool and you can do wonders for any relationship using just what you’ve learned so far.

There’s no swearing or anything really dirty in this section, but if you’re easily offended you still may want to skip it.

Private Whispers

It's Sunday, family dinner at Dave's in-laws'. The turkey is good, but the conversation is awful. His mind is running itself ragged trying to stay amused while his wife, Stephanie, helps her mother in the kitchen. Sports scores, business stuff. But no. He's here. He's bored. He's trying to think of something... ANYTHING to say to escape a conversation with his Father in law about "the damn economy" and "those yahoos in Washington."

When his cell phone buzzes it's a relief... when he looks down and sees a message from his wife saying "If we were alone right now... =)" he's suddenly wide awake.

OK, this is some of my favorite stuff.

Pretty much everything I've given you so far is meant to be used when you and your partner are physically separated from each other, whether you're at work, doing errands, in a long distance relationship... basically any situation where you can't talk to each other face to face or touch each other in any meaningful way.

Private Whispers, though, are different. Our goal is to have a private little conversation with your partner in a situation where you are together, but can't have a romantic conversation or really touch each other, because there are other people and it just wouldn't be appropriate.

For instance, you could be...

- At a dinner party with a bunch of friends.
- Shopping with the (hopefully not screaming) kids (though this can make it harder to pull Private Whispers off).
- On a plane where you're physically next to each other but can't act.
- In the audience at the State of the Union Address.
- At a barbeque, a wedding, a graduation...

OK, I hope you get the idea.

What makes Private Whispers so much **fun** is the incongruence between how you have to act on the outside (proper, normal, boring) and the tone of the conversation you're having with your partner telepathically through your phone.

Obviously, Private Whispers only work if your partner actually has their phone with them and can subtly check the phone without getting caught.

But in the right circumstances you can build amazing levels of tension and desire that have you clawing at each other like hyenas as soon as you get some time alone.

Let me give you a few formulas for Private Whispers that work VERY well. . .

“You’re Distracting Me”

These are playful texts that raise your partner’s self esteem, let them know you’re noticing them and show them they have some power over you.

For example:

Mark: “Stop distracting me =-)”

That text alone will usually get a nice smile from Mark’s partner, Crystal, who takes out her phone and then glances at him from across the room with a grin.

A great way to follow up is with a simple overall compliment or even something more sensual and deep.

Whether Crystal responds over text or not (as long as he sees that she got the text) he can follow up with. . .

Mark: “You have no idea how beautiful you look tonight. If we were alone. . .”

He can either end it there or go further (I’ll describe how in a minute).

Another option is a little less direct. For example:

Kelly: “I’m never going to be able to pay attention if you keep doing that. . .”

Her husband, Adam, glances down at his phone and then writes back.

Adam: “Doing what?”

Kelly: “Oh, I think you know. =-) I have such a handsome husband.”

The key here is to HAVE FUN. You’re giving a compliment, affirming your connection as a couple and (gasp) FLIRTING with your partner.

Expanding on this, we can use some of the same techniques we learned in our Text Massage and Relationship Time Machine sections to turn up the detail and turn up the heat.

For instance:

Stephanie: “Stop it. . . =-)”

Caleb: “Stop what?”

Stephanie: “Distracting me. I can feel you looking at me. And it’s all I can do to not crawl over there and pull your shirt off with my teeth.”

If you want to get more advanced, you can go from there to a. . .

“What I Want to Do”

A “What I Want To Do” text is a sensual text you send while you’re in a crowd. It’s a romantic action you WOULD do to your partner if you could. . . but of course you can’t because there are people all over the place.

For instance, after sending his “Stop distracting me” text, Mark could follow up with. . .

Mark: “I want to kiss you so bad right now. . . feel your lips against mine. Pull your body to me. You feel my hands on your hips. This wonderful warmth building up inside you. And everybody else in the room just disappears. I take your hand and drag you out of here, back to my place. I throw you on the bed. . .”

From there he could use the Text Kiss method from before to describe EXACTLY what kind of kiss he wanted it to be, or he could just leave it.

The key with Private Whispers is that they don't need to be as detailed or in-depth as some of the other stuff. You can use teasing statements and incomplete thoughts that force your partner to use their IMAGINATION.

Or you can just go full on and FLOOD your partner with details that will make them absolutely tingle.

Some other examples you can use are things like:

- “You smell delicious.”
- “I wish we were alone right now so I could. . .” (You don't even need to finish the thought if you don't want.)
- “You know everyone in this room is looking at you? I'm so lucky to have you.”
- “It's torture not being able to touch you right now. =-)”
- “Do you have any idea how much I love you?”

Or anything else you can think of that establishes connection, attraction, love, desire etc.

But Don't Limit Yourself There...

Be creative. Feel free to use Appreciation texts, Sensual Compliments, Text Messages or anything else in this manual as a Private Whisper. You'll be damned happy with the results.

A few more quick examples:

“You have no idea that every man in this room is staring at you and wishing they were me.”

“I wonder what would happen if I just came over there right now and tore your clothes off.”

“You’re the hottest guy here by far =-).” “You look amazing in that suit. I wonder what it would look like on the floor =-).”

“The way your ass looks in that dress makes it VERY hard to pay attention.”

“Everything in me wants to touch you right now.”

“That smile of yours is incredibly distracting.”

“Do you have any idea how beautiful you look tonight?”

“I adore you.”

“I love you.”

“I can’t stop thinking about last night. . . =-).”

Assignment:

Next time you’re in a public place with your man or woman, TEASE him or her a bit with a basic Private Whisper. See how far you can push the boundaries. . . and experience for yourself how much fun it is.

Digital Foreplay

Sex sells.

Tabby couldn't believe she was doing this at work.

She was sitting in her cubicle, a spreadsheet open on her computer. But she couldn't work. She couldn't think. She couldn't do anything but watch her phone and wait. Ticking down the seconds. Waiting for her boyfriend, Tony, to text her again. He'd never acted like this before but for the last few weeks he'd been sending her AMAZING text messages. And what he sent this morning... the dirty, amazing details. She felt like he was taking her right there in her office. She felt like she was on fire.

She looked at the clock. 4 PM. Just another hour to go before she could rush home. She could handle it... but then the cell phone buzzed again. It was torture. It was ecstasy. It was going to be an amazing night.

OK, it's time to stop dancing around the elephant in the room and talk about (*GASP*) sex.

I've tried to keep this program pretty much PG-13 so far (and have even managed to write ALL of this stuff without swearing even a little), but in the next couple pages we're going to dip a toe into the dirtier stuff and teach you how to use simple text messages to get the woman or man in your life breathing heavy, tingling all over and counting down the minutes until he gets to *touch, feel and taste* you again...

After all, talking about romance without talking about sex is kind of like talking about peanut butter without mentioning peanuts. It just gets you butter.

If you don't want to deal with writing the sexy stuff that's totally fine. EVERYTHING I've given you so far has been proven to WORK with everyone from widowers to coeds (and to work REALLY well) without getting explicitly sexy.

A Special Note for Women:

Guys, skip this part. Seriously. It's not for you.

OK, is he gone?

Good.

Women, you NEED to read this section and put it into action in your relationship. Yeah, yeah, I know. You want your guy to be romantic on his own. . . to think about you all the time. . . to show up at your doorstep with ripped muscles and Fabio hair, throw you over his shoulder and drag you off to some far off country where you can be queen.

But the fact is guys generally aren't motivated by PG romance the way women are. All you really need to prove that to yourself is try to drag a straight man to a romantic comedy.

Not to say guys aren't romantic. We are. Heck, in some cases we're actually MORE romantic than women. And you'll see for yourself that your guy loves the more romantic texts you send him.

But just like you need your guy to take his time, woo you and be romantic to get you in the mood. . . he needs you to get a little sexy to get him in the mood for romance.

It's a little quid pro quo. If you make your guy feel sexy and powerful and give him what HE needs, he'll give you the attention, appreciation, sensuality, storytelling and romance you need.

Seriously. Just try a little of what I give you here and see how your man lights up. . . how quickly he texts you back. How happy and eager he is to sweep you into his arms as soon as he gets home.

In fact, I'd recommend you go for the "sexy stuff" with your man pretty quickly and see what happens. Once you get him amped up (and stuttering over his words because he's so enraptured by you) you can move on to the more profound and appreciative stuff from earlier in this manual.

It'll be fun. I promise.

And don't worry. I'm going to keep everything in this program as decent as I can. =-)

A Special Note For Men:

Yeah, yeah, I know. You've been flipping through this whole manual looking for this section. . .

Down boy! Down! Seriously, you're slobbering on my nice pants.

Here's the deal. Diving in to the more graphic stuff right away without laying a foundation of romance is NOT going to get you more special naked time with your wife or girlfriend.

USE EVERYTHING ELSE I've taught you so far, and you'll be shocked at how quickly your wife or your girlfriend guides things from the heart to the body. In fact, she'll probably be the one to start seducing YOU (which is a hell of a lot of fun).

It's your job as a guy to be in charge of the set-up here. . . to take control. . . to give her the fantasies and the language she wants so much.

A Note For Everybody

How far you go with this stuff is totally up to you. Depending on what kind of relationship you've got with your partner, you'll be amazed at how much fun you can have together, how into this you get or how powerfully it can affect your relationship.

Oh, and don't send pictures. Seriously. They'll get you in trouble. And if you're a guy, you really don't look that good naked anyway.

Got it?

Good.

Digital Foreplay Revealed (How to get your partner to CRAVE you)

OK, let's dive in.

The key with Digital Foreplay is to tease, taunt and **turn on** your partner using mental images and ideas they're hard wired to respond to.

If you're texting your guy, you will rocket right past his rational mind to the lizard brain of instinct and desire that beer commercial producers know so well (because OF COURSE football cheerleaders love 45-year-old dudes with beer guts. Really.).

MEN LIKE TO CHASE. You need to give him something worth chasing (you) and get him engaged, while keeping that carrot JUST out of reach so he'll do anything to get it.

If you're texting a woman, your goal is to enter her unconscious mind and give her a fantasy world where she can relax and do whatever she wants.

Remember, women need to feel pursued and appreciated. Honestly, guys - mixing some of the more PG stuff from earlier in this program into your Digital Foreplay texts will do WONDERS. Do not start your texting attempts with this chapter.

The formula for Digital Foreplay is:

- Get your partner's attention with a suggestive Curiosity Magnet.
- Transition to the sexy stuff pretty much right away.
- Tease your partner. Taunt them to get them amped up.
- Allow him/her to take control or join in if they want to (optional).
- Share your fantasy in detail. Like the Relationship Time Machine, use present tense.
- Build anticipation (and fulfill it).

OK, that can sound complicated, so let me just give you an example and then break it down.

It's Thursday in the middle of the day. Sam and Veronica have been together for a few years, and (like with most couples) romance has kind of fallen by the wayside. Veronica got the *Text the Romance Back* system and decided to see what would happen.

Step 1: The Suggestive Curiosity Magnet

Veronica: “If you were here right now I would. . . =-)”

Sam: “Hey honey, you would what?”

Notice how this particular Curiosity Magnet is already guiding Sam’s imagination.

In some cases, a guy will know EXACTLY where you’re going just based on the Curiosity Magnet and will start sending you dirty messages back before you go any further. In other cases, he’ll hem and haw a bit, not sure where you’re going.

For women: Be EXPLICIT. Guys are NOT good at picking up hints. =-)

Other good openings for women to use with men (these do NOT tend to work as well the other way around) are things like. . .

Veronica: “So. . . I’m home alone and I’m thinking about tonight. . . ”

or even something as simple as. . .

Veronica: “I can’t stop thinking about. . . =-)”

Sam: “About what?”

Veronica: “The way you taste. . . ”

Sam: “. . . !!!”

Again, with guys you don’t want to be too subtle. Men LOVE a woman who can be sexually direct with them (because most women simply aren’t).

If you’re not comfortable getting dirty like that, you can substitute things like:

- “Your body. . . ”
- “The smell of you. . . ”
- “How it feels when you’re on top of me.”
- “Your fingers in my hair.”
- “The way you make me feel.”

- “Your mouth.”
- “Your lips.”
- “Your hands... the way they feel on me. What you can do to me with them.”

Notice that a lot of what I’m saying here is feeding a guy’s ego and is somewhat submissive sexually. The vast majority of guys want to be the alpha male in a sexual relationship, and one of the most powerful things a woman can do to turn a man on is make him feel like he has control over her (even if he doesn’t).

If you’re a guy, I recommend you slow it down and start with a cleaner open such as...

Sam: “I can’t stop thinking about...”

Veronica: “About what?”

Sam: “How gorgeous you are and how much I want to...”

Veronica: “Want to what? =-)”

or:

Sam: “I can’t stop thinking about...”

Veronica: “About what?”

Sam: “About how your ass looked when you stepped out of the shower this morning. If I were there right now...”

Again, if you don’t get a response to your curiosity magnet, just let it go or send the next part of the sequence anyway.

Step 2: Transition to the Sensual, Sexy Stuff

Let’s assume Veronica sent the “If you were here right now” open. And let’s say that Veronica is at her office.

Veronica: “Well, first I’d lock the door...”

Veronica: “And then...”

Sam: “Then... what? =-)”

Notice how Veronica is already teasing her man? She's making him work for it and getting him engaged. Men LOVE to be teased and seduced this way.

Veronica: "I'd turn around... I can already feel you looking at me. Wanting me. I look you right in the eye and sloooooowly walk towards you. You see my hips swaying side to side. You're sitting in my office chair."

Sam: "I think I like this..."

If you're a guy you can use the exact same template with a slightly more dominant feel to it:

Sam: "Well, first I'd lock the door..."

Veronica: "Really?"

Sam: "And then you'd feel me come up behind you. My hands on your shoulders."

Step 3: Tease Your Partner

Veronica: "I know you do. I run my fingernails down your chest. Your breathing picks up. This beautiful smile crosses your lips."

Sam: "Because you're so beautiful..."

Veronica: "I slowly unbutton my blouse... I'm standing right over you now. I say 'don't move your hands no matter what.'"

OK, so what do I mean by TEASING? I mean taking things SLOW and SENSUAL. Build up the tension.

If you've ever been to a Burlesque performance, you know what a tease is, and you know it drives men absolutely WILD. It's OK to just go for the goal with a guy sometimes, but overall you want him to get used to being teased and built up by you.

I think you get where this is going. Notice how Sam responds. In general, I find that men like to be **engaged** in creating the fantasy whereas women often like it when their man does all the **work**.

Also notice that Veronica is using visual language here. She's getting Sam to **imagine** her standing in front of him in the office, unbuttoning

her blouse and... well, where's she going to go with it? The incomplete thought is going to rivet Sam's attention.

Also notice that Veronica is PROJECTING CONFIDENCE this entire time and taking control. Having his woman be this straightforward about sex is a lot of men's biggest fantasy.

Sometimes I get questions from women saying "But don't men want to be the pursuer? Shouldn't he always be the one to initiate this kind of thing?"

In general, guys do like to chase and pursue women. But if you just run ALL the time we eventually get tired and lose interest.

When a woman takes control like this it's absolutely INTOXICATING for a man.

If we reversed this situation, Sam would use more feeling type language.

Sam: "You feel my fingers on your shoulders... my breath on your neck... this amazing tingle going through your whole body... I hold your wrists behind your back. You push yourself against me as you feel my fingers undoing your blouse."

Notice how, just like with the Text Massage, Sam is focusing on HER experience and is TELLING HER what she feels and how she reacts. Women LOVE it when a man can take control like this. In fact, the biggest complaint I get from women is that they can't find men who can really be sexually dominant (without being weird about it).

Step 4: Allow Your Partner to Join In

This part is actually optional. A lot of guys like seizing the reins in this kind of situation (and if they've been through my programs they'll even be good at it). It's a gender role thing. In our culture, guys are used to being the pursuers (and women are used to being pursued).

For instance, it could go like this...

Veronica: "I slowly unbutton my blouse..."

Sam: "You feel my eyes drinking you in. This goofy smile on my face..."

From there it can really go a few ways.

Veronica and Sam can share the narration of the fantasy (each going back and forth), Veronica can continue on things with her being in control (which can be super fun) or she can let Sam lead for a while.

Veronica: “I love that smile. I wonder what I can do to make you smile even more?”

Sam: “I think you know...I kiss my way across your stomach...”

Veronica: “I like that. And then what do you do?”

Step 5: Narrate the Fantasy All the Way to its Conclusion

From here you simply continue the fantasy. How far you go with it is really up to you and your partner...

Veronica: “I pull your shirt open...kiss my way up your chest...my fingernails on your skin...our eyes meet...our lips are inches apart...we kiss...”

Sam: “Delicious...”

Veronica: “I feel how hard you are through your pants. I want you. I need you...”

And from there it goes wherever Veronica and Sam want it to go.

Remember, this is a PRIVATE conversation between two people who love each other. And what you do on your cell phone is nobody’s business but yours. =-)

Step 6: Build Anticipation (And Fulfill It)

Take the energy you’ve built between you and your partner and maintain it, or even amplify it, until you see each other.

The way you do that is by teasing him and using countdown language.

Veronica: “Too bad you’re not here. . . =-)”

Sam: “Oh yeah.”

Veronica: “But I’m going to see you tonight. . . and when I do I’m going to. . .”

Sam: “what?”

Veronica: “If you’re a good boy, you’ll see. . .”

Then a few hours later. . .

Veronica: “Just a few hours to go until I. . .”

Sam: “This day can’t go by fast enough.”

Remember, you’ve got to **keep that energy going**. When you see your man or woman that night, they’ll be lit up like a Roman candle.

(If your man asks you “what got into you,” show him the *Text the Romance Back* program. . . after the amazing experience you just gave him he could be eager to use it. =-)

And if you’d like a more advanced version of this particular type of material, you should check out my *Text Your Wife into Bed* program at <http://www.textyourwifeintobed.com>.

I’ve had a lot of women (and a bunch of men) ask for some more examples of Digital Foreplay so I’ve decided to add a few more.

Note: Because of the nature of the material, this will get a little dirty. Don’t read it if that kind of thing bothers you.

Man Texting a Woman Example:

Kevin and Anne have been dating for about three months. Kevin is away on a business trip, but wants to keep the magic going.

Kevin: “I can’t stop thinking about. . . =-)”

Anne: “What?”

Kevin: “The smell of you. The taste of you. How your skin feels against mine.”

Anne: “Mm.”

Kevin: “I keep remembering Tuesday night before you took me to the airport. We only had 15 minutes. I see that naughty look in your eye. That little smile on your face like you’re just waiting for me to pounce.”

Anne: "I didn't know if we had time =-)"

Kevin: "I drop my bag and push you back onto the bed. You feel my weight on top of you. Your hips thrust against mine. Your fingers find my belt and you say 'hurry.' I kiss my way down your stomach, pull your pants off. I can smell you. I pin your hands up above your head. You open your eyes and see me staring right at you as I slowly, slowly push inside you. . ."

Anne: "Mmm.."

Kevin: "Time just stops. It's like all there is is you and me and this amazing passion. You feel this heat building up in you. This amazing energy that could almost overpower you. Your hips move without you even noticing. There's nothing but skin and passion and pleasure and the weight of me on top of you. Your back arches. Your eyes fly open. You feel me tense against you, a grunt escapes my lips and I collapse on top of you. . ."

Anne: "And you still made your flight =-)"

Kevin: "I adore you."

Cool, huh? Like with everything, notice how Kevin turned the story into the PRESENT TENSE like it was happening RIGHT NOW. And how he told Anne what her reactions were.

Woman Texting a Man Example

Let's do one more from a woman's point of view.

Carol and Joe have been together for three years.

Carol: "I wish. . . =-)"

Joe: "What do you wish, babe?"

Carol: "That you were here right now. I'm all alone in the house. I'm lying in our bed. Can you guess what I'm wearing?"

Joe: "Mmm. Nothing?"

Carol: "A smile. . . Because I'm thinking about you. Your shoulders. Your eyes. The way it makes me feel when you look at me. Sometimes I can just feel your desire coming off you like heat. I want you so much right now. . . to feel me kiss my way down your stomach. . . you look down right into my eyes as I pull open your pants with my teeth. My fingernails on your skin. Your hips moving even though you don't want them to."

Joe: "Oh my God."

Carol: “Your eyes roam over me. My back. My breasts. My ass. I tell you to lay totally still on the bed or it’s over. Don’t move a muscle. I pull off your pants. You hear the music start. A slow beat. Your eyes caress me as I dance towards you. I climb onto the bed. My skin against yours. I can feel how hard you are. How much you want me.”

Joe: “I always want you.”

Carol: “I tease you. You push your hips up. I tell you to lie still. You watch me as I crawl on top of you. You feel how wet I am. How wet you made me. You see a smile spread across my lips. . . .”

Joe: “You’re beautiful.”

Carol: “If only you were home right now.”

Joe: “I’m on my way now.”

Carol: “Good.”

So, notice a couple things here.

1. Even though I didn’t use a SINGLE dirty word in that entire text it’s incredibly erotic. . . .
2. Carol kept using sight language for Joe, talking about what he was going to SEE and the effect he had on her more than what he personally felt.
3. In this particular case, Carol took total control.

Obviously, there’s a lot more to Digital Foreplay than what I can fit here, but you should have a lot to work with just from these few pages.

Ready to try it? This week **your assignment** is to pique your partner’s interest with a Curiosity Magnet and try some Digital Foreplay. Remember, you can make it as clean or dirty as you want, and *imagination* is the most important thing.

And that’s brings you to the end of week 4 of the main *Text the Romance Back* training.

When you think about it, you’ve covered a LOT of ground in just a few short weeks. . . .

In week one you started using Appreciation texts and Sensual Compliments to wake up desire and romance.

In week two you learned how to use Curiosity Magnets and Bait Questions to get your partner to play fun little texting games with you.

In week three you got into advanced sensual storytelling, using the Text Massage and Relationship Time Machine to truly engage your partner's imagination.

And in week four you got the good stuff, using Private Whispers and Digital Foreplay to create a tremendous amount of fun and heat in any relationship you're in.

The end result? If you're like the thousands of men and women who have used this program so far, you have both an emotionally and physically closer relationship. You have your partner desiring you and understanding you in a way they haven't in years. In short, you have texted the romance back in just 30 short days. =-)

We're not quite done yet, though. Stay tuned for a few variations . .

Quick Review of Week 4

In week four you combined everything you learned so far about romantic psychology and how to use texting to get sensual, emotional and just a LITTLE bit DIRTY with your texts.

If you're paying attention you should have noticed how each of the formulas and concepts I've given you so far really do build upon each other, all leading up to the ability to create amazing levels of intimacy and eroticism just by tapping out some messages on your phone.

You may also have noticed that you did it all without a single swear or dirty word or being explicit at all.

Congratulations, if you've been following along and USING this stuff, you've learned more about how to seduce your partner, be a great boyfriend/girlfriend/husband/wife and keep that massive spark in any relationship you've got than 1 person out of a hundred.

And you've really just started. Just because your 30 days is over doesn't mean the fun is.

How often should you text from here on out? It's really about feel, but I think of it like surfing a wave. Let things calm down for a few days, then surprise your partner with a sudden piece of delicious sensuality.

But keep working the program.

Part 3: Variations

Up until now, we've mostly been focused on folks in traditional dating or marriage relationships.

In this section I want to introduce you to a few variations you can use. More specifically: how to use TRB for a long distance relationship or how to use TRB for a new relationship or if you're just dating and want more romance in your life.

Long Distance Love

“Since you’ve been gone. . .”

Three months.

It had been three months since Sandy had gotten on the plane to China. She was over there on work and Dave was going nuts. He loved Sandy, but three months without a woman in his life had caused Dave’s nerves to fray, his libido to surge out of control and his blood pressure to soar.

He missed her. Craved her, actually.

Plus how could he know what the heck she was doing over there? Was she seeing other guys? Was she even thinking of him? The anxiety was killing him. It would be another month at least before she got home and by then she might feel like a stranger to him. . .

If only there was some way to keep the romance going even when she was so far away. . .

One of the things I love so much about texting is that it really makes distance a little less devastating to your relationship. In fact, I’ve gotten emails from clients who told me that the methods in TRB saved their relationship and made long distance love actually bearable.

Don’t get me wrong, a relationship can’t thrive on texting alone (you should, you know, TALK to your partner every once in a while, and nothing can truly replace that wonderful chemical stew that only comes from being physically with your partner. . .).

But thanks to the little super computers we all carry in our pockets, you can reach out and touch your partner pretty much whenever you want, wherever you are in the world.

Over the years I’ve been teaching *Text the Romance Back* I’ve gotten emails from a wide assortment of folks who are in long distance relationships and want to learn how to use texting to keep things connected (and hot) over the long days, weeks or even months apart.

My favorites are the soldiers stationed in Iraq or Afghanistan who ask me how to use this material to stay intimate with their wives and girlfriends during the months of their deployment. . . and the guy posted at a research station in Antarctica who's stuck a thousand miles away from his love and wanted me to teach him how to send romantic emails.

Anyway. . .

Even if you're not in a long distance relationship, the material I'm going to cover in this section can be REALLY useful to keep your partner thinking of you, appreciating you and CRAVING you when one of you is on a business trip or otherwise separated for a little while. (Personally, I travel for work a LOT, and I rely on these methods to help my own relationship stay connected and spicy.)

Business Trip Texting

Instead of seeing a business trip as a threat to your relationship, you should start seeing it as a opportunity to build up ANTICIPATION and DESIRE in your partner.

Personally, I travel a LOT for work, and there's something about coming home to my girlfriend after a few days or even a week on the road that actually makes me appreciate her MORE than I would if I just saw her every day.

That said, here are some tips on using the material I've already given you while either you or your partner are away:

Appreciation texts: Add a little bit of a "miss you" to it.

"It's funny, but it's when you're gone that I realize how much I love having you in my life. Thinking about your smile. Can't wait to see it again."

"You're amazing. Knock 'em dead at your presentation. Do a good job and I'll have a reward for you when you get home. =-)"

Sensual Compliments: The key here is to let your partner know that you're craving them. . . that you're distracted by their absence. . . that you're focused on their body even though they're far away.

“I miss the smell of you.”

“I’m lying in your bed, thinking of you. Can’t wait until you get home.”

Curiosity Magnets: Use these to tease your partner and to lead into other texts.

Bait Questions: Fantastic for using in any kind of long distance relationship as a way to stay emotionally connected and to feel like you’re part of your partner’s day. These can really take the place of the everyday conversations you don’t get while your partner is away.

The Relationship Time Machine: Again, a great way to remind your partner of the great relationship they have at home (so they don’t get distracted by that guy with the lantern jaw in the hotel bar). Go from experiencing the memory to looking forward to a creating a new one. . .

“Was just remembering our first kiss. . . how many more days until I get to taste you again?”

“Have fun in Hawaii. If I was there with you we could recreate our honeymoon =-)”

The Text Massage: Just minor adjustments here. Say something like. . .

“I bet you’re all stiff from being on that plane all day. If I were there I’d have you lay down on the bed. . . you’d feel my fingers along the back of your neck. . .”

Then continue the massage as normal.

Private Whispers: Heh. These don’t really work at a distance =-)

Digital Foreplay: Even BETTER when your partner is far away.

OK, this is just fun. And it reminds me of when my girlfriend and I first got together.

See, we met at a bar, fell for each other madly, made out for hours, and then she had to go back to her parents’ house for Christmas.

It drove me nuts. For a full week she was thousands of miles away, so I spent every day she was gone sending Digital Foreplay messages to her. . . seducing the hell out of her. . . establishing a powerful romantic connection with her.

So when she finally got home the attraction and tension was so thick you could cut it.

Here are a couple modifiers you can use for Digital Foreplay. . .

Perry: "I don't know if I'm going to make it. . . =-)"

Sarah: "Make what?"

Perry: "The next few days without being able to feel you. . . All I can think about is your skin. The way you tasted last night. How you make me feel. Touching you. Taking you."

From there, Perry goes into a standard Digital Foreplay storytelling session.

You finish it up with a simple:

Perry: "Hurry home =-)"

Sarah: "As fast as I can."

Here are a few more tips for keeping things close while you or your partner are on the road.

Send a text right before you or your partner take off. I recommend sending something along the lines of "Miss you already, babe," and then following it up with an Appreciation text or a Sensual Compliment.

For instance:

Billy: "About to take off. Already counting down the minutes until I get to feel you again. Love you, babe."

Make sure to let your partner know you're thinking of them. Honestly, it takes about 2 seconds to shoot off a flirty text to your man or woman, and it does wonders to keep you in the front of their mind. If you're the one who's still at home, mention little details of your day and how you wish he or she was with you.

Jim: "Just did the dishes and put the kids down. Wish you were here cuddled up under my arm. You're beautiful."

Mix in a good Text Massage or Text Kiss (or. . . well, how deep do you want to go?) during the middle of your trip. Your partner needs to know that you are thinking about him/her even though you're on the road having wild adventures. Using the Relationship Time Machine to bring up an intimate moment you had right before you went on your trip works great, as well.

Right before you head home, start building anticipation and seeding the idea of how great it's going to feel when you're united again.

For example:

Melanie: “About to get back on the plane. Sitting her with this silly smile on my face, thinking about how good it’s going to feel when I see you again. Tonight I’m going to. . . Oh, we’re taking off. You’ll have to find out when I get there. =-)”

or. . .

Paul: “Working my way back to you. . . can you imagine how it’s going to feel when I crawl into bed next to you tonight? 5 hours, babe. 5 hours until I hold you in my arms again.”

The key is to give your partner something to LOOK FORWARD TO and to make them know they’re appreciated the whole time you’re separated.

Whatever you do, don’t show insecurity over text while you’re separated. This can be tough, but as I’ve been saying all the way through this manual, you’ve got to keep your texting FUN for you and your partner, and you’ve got to keep your communication POSITIVE.

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If You Have a Long Distance Relationship

Most of the same rules from above apply, but if you’re going weeks or months without seeing your partner you REALLY need to work the Appreciation texts, Bait Questions and Digital Foreplay.

If you’re in a long distance relationship I recommend you text with your partner in one way or another pretty much every day.

It doesn’t need to be anything major, but in a long distance relationship, digital romance is the only method you’ve got to make your partner feel like an important part of your life.

You also need to start using **My Favorite Part** texts to really lock in experiences when you and your partner DO get to see each other.

A My Favorite Part text is a text where you narrate your favorite part of the weekend/night/67 minutes you just spent together. Remember everything we covered in the Sensual Compliment, Text Massage, Text Kiss and Digital Foreplay sections of this manual.

The key is to use DETAILED LANGUAGE with your partner to lock in what a great time you just had together, to show the emotions you were feeling about your partner and to give them an avenue to share their emotions as well.

For example:

Kim: “Miss you already. Keep thinking of how great it felt to spend the weekend with you. My favorite part was waking up in your arms this morning, looking over and seeing that contented smile on your face. Counting down the days until I get more. =-)”

or

Derek: “I can still smell you on me. My favorite part was just getting to sit and talk to you today. I know it’s hard being far away, but it’s days like today that make it so incredibly apparent why I’m in love with you.”

No matter what, be UNAPOLOGETICALLY ROMANTIC. This isn’t the time to protect yourself or be afraid to say what you feel.

Dig through this manual and pick out your favorite techniques. Appreciation texts and Sensual Compliments are a MUST to keep a romantic relationship going. Remember, you’re not just friends here; you’re lovers. And that means using intimate language and detail.

Use lots of I Miss texts as well.

Lisa: “I miss your hands. Counting down the days until I get to feel them again.”

or

Luke: “I miss your smile. Your dimples. The way your eyes light up when you look at me.”

or

Jerry: “Can barely concentrate. I crave you. =-)”

or

Mary: “Looking forward to tonight? I am. Can you imagine how good it’s going to feel when we’re finally together again? How I’m going to melt against you. The tingle that’s going to run up your spine...”

And when it's getting closer to the time you're actually going to be able to see your partner again, pour on the gas. . . Really start amping up the anticipation texts, the Digital Foreplay and the curiosity.

Let's use Frank and Marissa as an example.

Frank and Marissa are actually clients of mine, though I've changed their names and some details to include them here.

Frank has been deployed overseas for the better part of a year. It's been hard to keep the romance going with so much distance, and Frank can't even get texts in Iraq, so they've had to use daily emails and the occasional Skype chat to stay connected.

Over the last 10 months Marissa has been using the TRB system religiously and it's done a great job of keeping Frank focused on her, desiring her and looking forward to seeing her. Not to mention giving him something to talk about besides the war raging outside his compound.

A couple things Marissa has seen work really well:

Appreciation Texts: Marissa thought these were kind of silly at first, but was amazed at how just being simple and sincere got Frank's attention and got him to open up to her.

Curiosity Magnets: The very first one of these she sent Frank responded to by saying. . . well, things he didn't usually say.

The Relationship Time Machine: With such a long-term separation, Marissa used the Relationship Time Machine to remind Frank of the life he has waiting for him and to remind him of the normalcy he's got to look forward to when he gets home.

Bait Questions: Great way to take Frank's mind off things he's worried about.

Digital Foreplay: An absolute must for any real long distance relationship. Seriously, if you've got hang ups about this sort of thing you need to get over them and USE this stuff in your long term long distance relationship. Over the time Frank was gone Marissa became a master at teasing and taunting Frank from thousands of miles away.

But everything Marissa did led up to that one day that Frank was finally going to be home.

About a week before he flew home, she started turning up the heat.

She sent messages like. . .

Marissa: “7 days, babe. 7 days until you’re right here with me where you belong.”

or

Marissa: “I’m lying here thinking about you. . . wishing you were on top of me. Kissing me. . . the anticipation is killing me =-)”

All giving Frank the fuel he needed to get through a ridiculously long flight and stay focused 100% on the woman in his life.

Long distance relationships are hard, but using TRB really can be the difference between making your long distance love a success and a failure.

Text Dating and Text Flirting

“Getting to know you. . .”

Trevor’s jaw dropped when he saw the response.

He’d sent a Curiosity Magnet to the girl he’d met the night before, expecting a quick little “huh?”. Instead, she’d texted back bold and saucy.

It had been 5 years since Trevor had been on the market. . . He thought he was going to hate dating again. But it seemed like like things had changed. . . and with a few little tricks this flirting stuff was a lot easier than he thought.

Ahh, dating. Picking up beautiful girls. Attracting amazing guys. It’s so. . . terrifying.

But it really doesn’t have to be.

Ever since we put out the first edition of *Text the Romance Back*, the absolute number one question we’ve gotten again and again has been “how do I use this stuff as a SINGLE guy or a SINGLE woman? How do I use the TRB methods with a man or a woman I just met? How do I use TRB to get this guy or woman I’ve fallen for to get SERIOUS with me?”

So in this section I’m going to do 2 things.

First I’m going to give you some STEP-BY-STEP instructions on WHAT to say to that special new guy or girl and WHEN to say it to get your texting relationship off on the right foot.

Then I’m going to show you how to adapt the existing TRB material for use with somebody you’re just starting to date.

Here's Exactly How to Start Texting a Man or Woman You Just Met

OK, for this section I need to make a few assumptions:

1. You met this guy or girl and there was actual flirting going on and at least some indicator of interest from the other person. (So this isn't right for trying to convince your long-term crush who has a boyfriend that you're the man for her.)
2. You got their number. Getting numbers from women (or men) is beyond the scope of this program.

Step 1: The First Text

A lot of people ask me how soon after you meet a girl or guy should you text them? There's no right answer and it really depends on the tone of that first encounter you had. Did you just talk for a second? Was there obvious interest? Did you guys end up making out under a fire escape?

To me there's really no point in playing games or waiting 3 days before sending a text.

You also don't want to come on too strong in your first text.

Here's what I recommend:

Send your first text within an hour or two of meeting the guy or girl and getting their number.

You've got a few different options for what that first text should be:

Option 1: The Favorite Part (Plus)

I talk about the Favorite Part text in the Long Distance Love section, but this version is a little bit different.

Say you're a guy, and you met up with some friends and went out dancing. While you were out you met this really gorgeous brunette and ended up dancing. Before you left you got her number (her name is Molly and she smells delicious) and she gave you a hug goodbye.

A great Favorite Part text to send would be . . .

Jim: “Great meeting you. Though you held on to that hug a little long. . . =-)

or

Jim: “Great meeting you. . . Loved the way you held yourself against me =-)

The key here is that Jim is being light, confident and he’s **assuming a high level of attraction to him** by telling her that she held herself against him in a certain way.

Here’s the cool part: It doesn’t actually MATTER if she held on to him a little long or pressed herself against him in a certain way. Simply by noticing this detail he basically makes it true in her mind. She’ll start thinking “wow, maybe I really am attracted to this guy.”

For a woman, you could say something like:

Cara: “That was fun. You really couldn’t take your eyes off me, could you?”

(The Favorite Part aspect is assumed.)

Again, super confident. Super fun. And she’s telling him about a reaction he had to her.

Here are some other texts that do the same basic thing:

Harry: “I can still smell you on me. Delicious =-)” (If he’d kissed the girl.)

Melanie: “I love how nervous you got when I said hi. =-)” (Totally puts him on his heels.)

Simon: “Do you always do that to a guy you just met? =-)” (Drives her crazy wondering “What did I do???”)

Sandra: “You can pick your jaw up off the floor now, I’m gone. =-)”

And we can go on and on from there. Try a few of these out and then make your own. It's best to base your first text off something that happened that first night you met. Don't push it: no saying "It's great to meet you. My god you're gorgeous. Let's have babies!!!"

Instead make that first text about their attraction to you.

Option 2: Open Up With a Good Bait Question.

I love doing this to people I just met.

Get their number and after you leave pick one of your favorite Bait Questions from earlier in this manual and send it. Any time between 1 hour after you leave and a day is fine but you don't want things to settle for too long.

My favorite Bait Question to send is...

Chris: "If you could be anywhere in the world right now and with anyone, where would it be? =-)"

(Women will almost always respond with something about "on a beach with my true love." Seriously. For guys there's more variety.)

It's really hard for someone to ignore a question like that. And the natural tendency after answering that kind of question is to ask you the same question in return.

Which creates a dialogue.

Which leads to getting to know each other.

Which leads to dates.

Which leads to...well, you get the idea.

Option 3: Curiosity Magnet

Pretty simple here.

After you meet someone and get their number, you just send a standard curiosity magnet like...

Pamela: "Stop it...=-)"

You'll probably get a response like...

Martin: “Hi. Stop what?”

Pamela: “Thinking about me so much. You’ll see me again. Probably. =-)”

No matter what, after that first text exchange YOU need to be the one to end the conversation.

OK, this is a little bit of game playing but it works. At least for the first few weeks you’re seeing somebody you always need to be the one that ends the conversation almost every time you text. It doesn’t matter what you’re doing or what you’re talking about, you need to be the one to leave the other person hanging for a bit.

It creates a NEED in them to hear from you again and to even pursue you.

Step 2: Creating a Romantic Context

After that first text exchange (which you ended, right?) you need to leave them waiting for at least a day, maybe more. It’s really up to you. But it’s got to be long enough for them to be wondering about you a bit.

In fact, if your text partner gets in touch with you that first day, you may want to back off a bit. You’ve got to keep control.

After a day or so has gone by, you hit them up again with **another Bait Question** (or the first Bait Question if that’s not how you started).

Personally, I like the “If I were a genie and could grant you three wishes” question.

It just opens up a lot of avenues of conversation and will get the guy or girl you’re talking to open up a bit or at least play with you.

Once you’ve gotten to know each other a bit by going back and forth with Bait Questions, you can start slipping in some good Decoy Curiosity Magnets. . .

Like. . .

Tiffany: “Can’t stop thinking about. . . =-)”

Mason: “Me?”

Tiffany: “No. Ice cream. Why would I be thinking about you?”

See? Playful. Fun. And keeps him off balance.

From there you can go to ACTUAL Curiosity Magnets like...

Ted: "I keep wondering...=-)"

Sera: "About what?"

Ted: "What it's going to feel like when I kiss you."

Notice, Ted's not saying "what it's like to kiss you." He's showing confidence that he IS going to kiss her. (Can you see confidence being a theme here?)

If you're a woman texting a guy, you want to turn it around a bit:

Sera: "I keep wondering...=-)"

Ted: "About what?"

Sera: "What it will feel like if I let you kiss me..."

It's all about control.

Step 3: After You've Started Dating

After you've started dating, it's time to start moving up the texting food chain and (dare I say it) start using texts to basically seduce your partner into some actual romance.

This is where you start peppering in Sensual Compliments.

I also recommend that you bust out the Text Massage technique. Wait until your partner is at work and send them this. You'll absolutely blow their mind.

Once you've got rapport going and have established a texting relationship the sky is really the limit. Dig into the material from earlier in this manual and USE it. You'll find it will add massive spark to your dating life and give you a totally unfair advantage when it comes to getting the man or woman of your dreams.

How to Adapt the Text the Romance Back Material to the Dating Scene

Appreciation texts:

If you're a woman:

Don't use serious versions of these on a guy unless you've been seeing him for at least a month and you feel like there's a real emotional connection building there.

I'm serious about this.

Appreciation texts are amazing when you're in a relationship with a guy and he'll really appreciate them, but getting a message like this from a woman right off the bat or after just a few dates feels WAY too serious WAY too quickly for most guys and can really scare a new guy away.

After a month or so, once you're both "in like" and are dating more or less exclusively you can start feeding him some of this material.

That said, you CAN use some simple compliments with a guy very effectively and give his ego a boost. But even then you should write them in kind of a teasing manner.

Melissa: "You're a really confident guy, huh?"

or

Jennifer: "You've got really nice arms. You must spend too much time at the gym =-)"

The key is to keep him a little off balance and not sure how serious you are.

If you're a guy:

It REALLY depends on your intentions and it REALLY depends on the woman.

If you're just looking to date around a bit and aren't looking for anything serious, don't pull this stuff out. Sending a serious Appreciation text to a woman signals that you REALLY like her and falls into Casanova level seduction and, just like with guys, can really freak some women out. ("My god, is he in love with me already?")

That said, on some women this kind of text will make her absolutely swoon and start drawing your name with hearts in her notebook. You'll have to play it by ear. But I'd recommend you hold back on Appreciation texts until you know each other better.

Sensual Compliments:

If you're a woman:

Hells yes.

Some women are scared of doing this sort of thing with a guy they just started dating because they feel like it makes them the pursuer.

I disagree. I think a good Sensual Compliment to a guy revs his engine up like crazy and motivates him to chase you. It makes you seem intriguing, fun, sexually confident... all things that guys find absolutely irresistible.

Listen: It's an absolute sad fact, but most straight guys NEVER feel physically objectified or desired in their entire lives.

Seriously. Guys just aren't appreciated as attractive, sexual creatures.

And it sucks.

Really.

A lot.

Complimenting a guy on his arms, his ass, his eyes, giving him that feeling of being WANTED will do wonders for his self esteem and make him think you're a VERY special woman.

And it will shock the heck out of him.

If you're a guy:

This stuff is awesome, but you don't want to overdo it. Women (particularly women who are 30 or older) really do love it when a guy desires them. They want to feel like you'll crawl over broken glass for them... The key (at least at first) is to be appreciative but not creepy.

That means you let the woman you're dating know that you desire her... that her body turns you on... that you're thinking about her, but you want to make it no big deal.

How do you do that? With **Throw Away Sensual Compliments...**

A Throw Away Sensual Compliment is a compliment that's kind of stuck into a regular text.

For instance...

Barry: “Stop it. . .”

Kelly: “Stop what?”

Barry: “Distracting me with those gorgeous eyes of yours. How’s your day going?”

Kelly: “ =-) Really well. Yours?”

The key here is that Barry doesn’t DWELL on her gorgeous eyes. He just makes a quick statement and then moves on to something else.

As you’ll discover, whether you’re a guy or a girl, Text Flirting is really about confusion. . . keeping your texting partner off balance and not sure how you feel or what’s going on.

Curiosity Magnets:

These are total magic in a new relationship and can sometimes actually work even better than they do in established relationships.

Why?

Well, in an established relationship your partner is already used to getting a certain kind of message from you. (“Don’t forget the milk!!”) and a Curiosity Magnet out of nowhere can seem incongruous at first.

In fact, I’d say for dating you can start using Curiosity Magnets much earlier. I used to use them as the very first text I would send a girl after meeting her in order to get her imagination running.

Bait Questions:

These were DESIGNED to be used as “getting to know you” dating questions and they’re the number one way to re-engage a girl or guy you like in a conversation after things have gone a bit dry.

You can send a Bait Question weeks or even months after the last time you talked to someone and suddenly get a great response.

Relationship Time Machine:

You can use some of this a month or two in to revivify that spark from when you first met, but this is really a technique for folks who have been together for a while.

Text Message:

If you're a guy:

Um. This will get you laid. =-) (Am I not supposed to say that?)

You can use this method pretty darned quickly, too—-as early as the first day that you've met a girl to establish a physical connection between you.

For instance. . .

Say you met a girl at a party. You flirted. You got her number. If you just blast her with a full on Text Message out of nowhere she'll think you're the most amazing guy she's ever met and will brag about you to all her friends. I know, because I've done it.

Remember, women are SENSUAL creatures. And by leading with a text message you'll show that you understand SENSUALITY and aren't just trying to get into her pants.

If you're a woman:

Honestly, when I first wrote the Text Message material I wasn't sure how well it would work on men (I'd only ever used it on women, personally.)

Turns out it works incredibly well. It's the number one technique I get testimonials and raves from women on.

Why does it work so well? Again, it's because men aren't used to women actually taking the initiative in any real way. And men aren't used to being taken care of by the girls they date.

Some guys won't know what to do with themselves if you send this kind of thing, but most guys are going to feel this amazing buzz in their brain that makes them basically addicted to you.

Private Whispers:

Great stuff to use really early on in a courtship (like when you're both out with friends in common).

You can create massive tension by trying to act normal around your friends or in a business setting while flat out seducing each other over text.

If you're a guy:

Use this on a woman and she'll probably say something like "Stop it! =-)"

She doesn't really mean it. Keep going.

If you're a woman:

He'll be shocked to the bottom of his knee caps and will have eyes only for you.

Even better if nobody else there knows you're dating.

Digital Foreplay:

I don't mention it too much in here, but the original product I created around texting is called *Text Your Wife into Bed*.

And I created that product based on my own experiences as a single guy using texting to seduce women I was dating.

If You're a Guy:

You can actually start using this stuff much earlier than you think you can. Guys seem to have this weird idea in their heads that women are anti-sex or don't have sex drives.

Which is completely and utterly untrue. Most women love to be seduced by a man as long as he's confident and not a creep about it, and after about age 35 women's sex drives are MUCH higher than guys' are.

In fact, one of the biggest mistakes a guy can make in courting a woman is not going sensual early enough.

This happened to a friend of mine recently. He was complaining to me about how he'd met this beautiful woman (she's actually a model), she had seemed really into him, but after a few weeks of texting back and forth they were just acting like friends.

It scared the crap out of him to do it, but he used a Curiosity Magnet into a simple piece of Digital Foreplay and suddenly things are MUCH more interesting with this girl.

As a guy, it's your JOB to take the lead here. The only way it will backfire on you is if you get WAY too dirty WAY too quickly, if you use porn language instead of sensuality or if she just wasn't into you at all in the first place.

If You're a Woman:

I'm repeating myself here, but if you take control and actually seduce a guy over text he'll be shocked, amazed and incredibly turned on. Most women just wait for a guy to seduce them. By using Digital Foreplay (and the other techniques) you'll inspire him to pursue you.

Don't pull this stuff out every day. But once you've got a romantic connection going, it's powerful stuff.

Final Thoughts

Whew!

And here we are at the end of the *Text the Romance Back 2.0* system.

As you probably figured out by now, this program is about a lot more than just texting. It's about getting closer to the person you love, accepting them for who they are and learning to have a better, more connected and more intimate relationship.

And as I've proven again and again, this stuff WORKS if you use it. If you need proof, just turn back to the beginning of this book and read some of the success stories. The only difference between those men and women and you is that they took action.

I hope you'll take action too. And I hope you'll let me know how the *Text the Romance Back 2.0* system worked for you.

If you have questions, comments, a success story or anything you think I should add to the guide, send me email at feedback@texttheromanceback.com.

If you want to keep in touch with me on a more personal level, the best way to get in touch is through my Facebook wall at <http://www.facebook.com/michael.c.fiore>.

And remember, **INTENTION IS EVERYTHING**. Every time you pick up your phone to send a text, you need a clear intention of what you want to do, what you're trying to accomplish with your partner and what kind of emotional response you're trying to create.

Thanks so much for going on this journey with me. I can't wait to hear from you.

-Mike Fiore
October, 2011